

# vision87



# COMMUNION WITH GOD



VISI விஷன் பத்திரிக்கை 愿景

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

For internal circulation | Non-Muslims only

---

## Vision Statement

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

## Mission Statement

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

## Values

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

## I WILL GO

Communion with God  
Identity in Christ  
Unity through the Holy Spirit  
Mission for All

---

## Peninsular Malaysia Mission of Seventh-day Adventists

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

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

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

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

# PEM DIRECTORY

## ADMINISTRATION:

President	Dennis Ng	<a href="mailto:president@adventist.org.my">president@adventist.org.my</a>
Executive Secretary	Renie Ubara	<a href="mailto:e.secretary@adventist.org.my">e.secretary@adventist.org.my</a>
Treasurer	Kelvin Liew	<a href="mailto:treasurer@adventist.org.my">treasurer@adventist.org.my</a>

## DEPARTMENTS / SERVICES:

Adventist Community Services (ACS)	Tan Thiam Yun	<a href="mailto:acs@adventist.org.my">acs@adventist.org.my</a>
Adventist Mission	Renie Ubara	<a href="mailto:adventistmission@adventist.org.my">adventistmission@adventist.org.my</a>
Adventist-Laymen's Services & Industries (ASI)	Kelvin Liew	<a href="mailto:asi@adventist.org.my">asi@adventist.org.my</a>
Children's Ministries	Lorna Tang	<a href="mailto:childrensministries@adventist.org.my">childrensministries@adventist.org.my</a>
Communication	Donny Tan	<a href="mailto:communication@adventist.org.my">communication@adventist.org.my</a>
Education	Maclan Matthew	<a href="mailto:education@adventist.org.my">education@adventist.org.my</a>
Family Ministries	Rosalind Chan	<a href="mailto:family@adventist.org.my">family@adventist.org.my</a>
Health Ministries	Tan Thiam Yun	<a href="mailto:health@adventist.org.my">health@adventist.org.my</a>
Ministerial Association	Robert Agustin	<a href="mailto:ministerial@adventist.org.my">ministerial@adventist.org.my</a>
Adventist Possibility Ministries	Tan Thiam Yun	<a href="mailto:acs@adventist.org.my">acs@adventist.org.my</a>
Publishing Ministries	Ainy Evelyn Stephen	<a href="mailto:publishing@adventist.org.my">publishing@adventist.org.my</a>
Sabbath School & Personal Ministries	Tan Weoi Siong	<a href="mailto:sspm@adventist.org.my">sspm@adventist.org.my</a>
Ministerial Spouses	Lorna Tang	<a href="mailto:ministerialspouses@adventist.org.my">ministerialspouses@adventist.org.my</a>
Spirit of Prophecy	Ainy Evelyn Stephen	<a href="mailto:sop@adventist.org.my">sop@adventist.org.my</a>
Stewardship Ministries	Jacob John	<a href="mailto:stewardship@adventist.org.my">stewardship@adventist.org.my</a>
Voice Of Prophecy & Digital Ministry	Dennis Ng	<a href="mailto:vop@adventist.org.my">vop@adventist.org.my</a>
Women's Ministries	Lorna Tang	<a href="mailto:womensministries@adventist.org.my">womensministries@adventist.org.my</a>
Youth Ministries	Cheng Zi Xian	<a href="mailto:youth@adventist.org.my">youth@adventist.org.my</a>

## EXECUTIVE COMMITTEE MEMBERS:

Chairperson	Dennis Ng	
Secretary	Renie Ubara	
Member	Kelvin Liew	
Departmental Directors	Robert Agustin, Cheng Zi Xian	
Pastors	Byronchriswel Jobi, Sanjeevwa Sritharan, Stanly Lee Chang Lun, Jacob John	
Institution Leader	Albin Phua	
Lay Representatives	Elcirmont Jenson	<a href="mailto:elcirmont@gmail.com">elcirmont@gmail.com</a>
	Jeoffery Asin	<a href="mailto:jeofferyasin@yahoo.com">jeofferyasin@yahoo.com</a>
	Rosalind Chan	<a href="mailto:sonlightresourcecenter@gmail.com">sonlightresourcecenter@gmail.com</a>
	Mary Stella Anthony Dass	<a href="mailto:stellamaryys@gmail.com">stellamaryys@gmail.com</a>
	Wong Bee Yan	<a href="mailto:angie.beeyanwong@gmail.com">angie.beeyanwong@gmail.com</a>
	Fam Guo Yi	<a href="mailto:famguoyi@gmail.com">famguoyi@gmail.com</a>
	Bernard Khit Choy Leong	<a href="mailto:bernard.khit@merrick.com.my">bernard.khit@merrick.com.my</a>

# Content

## MESSAGE FROM THE PRESIDENT

A 2026-2030 Objective of the GC  
“I Will Go Strategic Plan”

COMMUNION WITH GOD

04 ENGLISH

05 BM

06 TAMIL

07 MANDARIN

## EDITORIAL REMARK

08 DO YOU HAVE TIME?

## INSPIRATIONAL

09 Grounded in the Bible, Focused  
on the Mission: Communion with God

## COVER STORY

12 A Short Reflection on Luke 10:38-42  
Communion with God

## HEALTH TIPS

16 Why Habits Fail  
(and How to Make Them Stick)

## MISSION SPOTLIGHT

20 MSCC

24 Department Directors 2026-2030

26 Regional Harvest 2025

## NEWS UPDATE

30 Mission to the Cities

32 Klang BM

33 Banting Indian

34 Banting Indian

35 Sungai Petani BM

36 Kulim Indian

38 Pandamaran BM

40 Youth Ministries

42 Seremban & Balakong

44 Children’s Ministries

46 Stewardship Ministries

48 Kluang Chinese

50 Kuantan Chinese

52 Sungai Petani Chinese

54 Sungai Petani Chinese

## 56 BOOK ADVERTISEMENT

## 57 UPCOMING EVENTS

## 58 NOTICE FROM PEM

## 61 CHILDREN COLUMN

## 62 YOUTH COLUMN

### VISION

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

### EDITORIAL BOARD

Tan Meng Cheng,  
Dennis Ng,  
Kelvin Liew,  
Corina Ling,  
Donny Tan,  
Tan Hui Ying,  
Lorna Tang

### LAYOUT DESIGN

Raindeer Graphic

### TRANSLATOR

Renitta Simon,  
Lorna Tang,  
Tan Hui Ying

### TO WRITERS

Before submitting  
your contributions,  
please review the  
contributor’s guidelines  
on Page 19.\*

**Please send scripts  
via email to**

*vision@adventist.org.my*

### Peninsular Malaysia

#### Mission Office

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

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

## A 2026-2030 Objective of the GC "I Will Go Strategic Plan"

# COMMUNION WITH GOD

**Dennis Ng,**

*President, Peninsular Malaysia Mission*

**T**he Greek word for "communion," *koinonia*, means "fellowship" or "sharing" (See 1 Corinthians 10:16). It portrays the fellowship between Christ and his followers and among believers. As we personally and corporately integrate for missions, we are reminded to steadfastly secure our communion with God.

### HOW?

**Prayer:** Prayer must surely be the primary approach to communion with God. It is our privilege to commune with God. "Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6. That we might find joy in our communion with Him, God Himself spoke, "Until now you have not asked for anything in My name. Ask and you will receive, so that your joy may be complete." John 16:24.

**Scripture:** The Bible is the inspired Word of God. They are His thoughts revealed. Therefore, it remains the best channel of communion with Him. Through Scripture, we "hear" God's voice and know His will. "All Scripture is God-breathed and is useful for instruction, for conviction, for correction, and for training in righteousness." 2 Timothy 3:16.

**Praise and Thanksgiving Worship:** Whether personal or corporate, this is our expression of love to God. It includes adoration, praise, and reverence. King David testified, "I was glad when they said to me, 'Let us go to the house of the LORD.'" Psalms 122:1. "Give thanks to the Lord, for he is good; his love endures forever." Psalms 107:1. "Rejoice in the Lord always: and again I say, Rejoice." Philippians 4:4.

### BARRIERS

Sin is the primary barrier to communion with God. "But your iniquities have separated you from your God; your sins have hidden His face from you, so that He will not hear." Isaiah 59:2. "But where sin increased, grace increased all the more." Romans 5:20. So, DON'T LOSE HOPE! Confession (1 John 1:9), repentance (Acts 2:38; 3:19), and restitution (Luke 3:8; Luke 19:8; Ezekiel 33:15) are necessary to restore communion with God.

### HOLY SPIRIT

The Holy Spirit is integral to the communion we seek with God. He guides, helps, and intercedes on our behalf. Follow His cue. "In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God." Romans 8:26-27.

### WHY COMMUNION?

Communion with God promotes spiritual growth that leads to peace, joy, and assurance. See Galatians 5:22-23. We are spiritual beings entrusted with a spiritual mission. Without this spiritual communion with God, we will be running on empty. How, then, can we fulfil our mission—which is spiritual in nature—while devoid of all things spiritual? We will only serve a stale, recycled, or mouldy gospel, which, because it has not thrilled our souls, will be ineffective in affecting others.

Satu Objektif 2026–2030 GC dalam  
“Pelan Strategik I Will Go”

# SEKUTU DENGAN TUHAN

**Dennis Ng,**  
*President, Peninsular Malaysia Mission*

**P**erkataan Yunani bagi “sekutu,” \*koinonia\*, bermaksud “persahabatan” atau “perkongsian” (lihat 1 Korintus 10:16). Ia menggambarkan persahabatan antara Kristus dan para pengikut-Nya serta sesama orang seiman. Ketika kita secara peribadi dan bersama-sama bersepadu untuk misi, kita diingatkan untuk tetap teguh dalam memelihara persekutuan kita dengan Tuhan.

## **BAGAIMANA?**

Doa: Doa sememangnya mesti menjadi pendekatan utama kepada persekutuan dengan Tuhan. Ini satu hak istimewa bagi kita untuk bersekutu dengan Tuhan. “Janganlah khawatir akan apa pun. Dalam segala hal, berdoaah dan mintalah kepada Tuhan apa yang kamu perlukan. Apabila berdoa kepada Tuhan, hendaklah kamu selalu mengucap syukur.” Filipi 4:6. Agar kita dapat menemukan kesukacitaan dalam persekutuan dengan-Nya, Tuhan sendiri berkata, “Sampai sekarang kamu belum meminta sesuatu pun dalam nama-Ku. Mintalah maka kamu akan menerima, supaya penuhlah sukacitamu.” Yohanes 16:24.

Kitab Suci: Alkitab ialah Firman Tuhan yang diilhamkan. Ia merupakan pemikiran-Nya yang dinyatakan. Oleh itu, Alkitab kekal sebagai saluran terbaik untuk bersekutu dengan-Nya. Melalui Kitab Suci, kita “mendengar” suara Tuhan dan mengetahui kehendak-Nya. “Seluruh Kitab Suci diilhamkan oleh Tuhan, dan berguna untuk mengajar, menegur, membetulkan dan mendidik ke arah kebenaran.” 2 Timotius 3:16.

Kebaktian Pujian dan Ucapan Syukur: Sama ada secara peribadi atau bersama-sama, ini merupakan ungkapan kasih kita kepada Tuhan. Ia merangkumi pemujaan, pujian, dan penghormatan. Raja Daud memberi kesaksian, “Aku sukacita apabila mereka berkata kepadaku, “Marilah kita masuk ke rumah TUHAN.” Mazmur 122:1. Bersyukurlah kepada TUHAN, kerana kebaikan-Nya; kerana kasih-Nya kekal selama-lamanya.” Mazmur 107:1. “Bersukacitalah dalam Tuhan sentiasa. Kukatakan lagi: Bersukacitalah!” Filipi 4:4.

## **HALANGAN**

Dosa ialah halangan utama kepada persekutuan dengan Tuhan. “Tetapi kesalahanmu telah menjadi pemisah antara kamu dengan Tuhanmu, dan dosa-dosamu membuat Dia menyembunyikan diri daripadamu sehingga Dia tidak mendengar.” Yesaya 59:2. “Tetapi dengan bertambahnya dosa, semakin bertambahlah kasih kurnia.” Roma 5:20. Jadi, **JANGAN HILANG HARAPAN!** Pengakuan dosa (1 Yohanes 1:9), pertaubatan (Kisah Para Rasul 2:38; 3:19), dan pemulihan/ganti rugi (Lukas 3:8; Lukas 19:8; Yehezkiel 33:15) adalah perlu untuk memulihkan persekutuan dengan Tuhan.

## **ROH KUDUS**

Roh Kudus sangat penting dalam persekutuan yang kita cari dengan Tuhan. Dia membimbing, menolong, dan menjadi pengantara bagi kita. Ikutlah pimpinan-Nya. “Demikian jugalah, Roh menolong kita dalam kelemahan kita. Kita tidak tahu apa yang patut kita doakan, tetapi Roh itu sendiri berdoa syafaat untuk kita dengan rintihan yang tidak dapat disampaikan melalui kata-kata. Dan Dia yang menyoroti hati kita tahu akan fikiran Roh, kerana Roh berdoa syafaat bagi pihak orang yang salih menurut kehendak Tuhan.” Roma 8:26–27.

## **MENGAPA PERSEKUTUAN?**

Persekutuan dengan Tuhan mendorong pertumbuhan rohani yang membawa kepada damai sejahtera, sukacita, dan kepastian iman. Lihat Galatia 5:22–23. Kita adalah makhluk rohani yang diamanahkan dengan misi rohani. Tanpa persekutuan rohani ini dengan Tuhan, kita akan bergerak tanpa kekuatan. Bagaimana pula kita dapat melaksanakan misi kita—yang bersifat rohani—jika kita kekosongan dalam perkara-perkara rohani? Kita hanya akan menyampaikan injil yang hambar, dikitar semula, atau basi, yang kerana tidak menggetarkan jiwa kita sendiri, tidak akan berkesan dalam menyentuh perasaan orang lain.

# தேவனுடன் தொடர்பு

2026-2030 ஆம் ஆண்டுக்கான GC-யின் குறிக்கோள் “நான் நுண்திறமுடையத் திட்டத்திற்குச் செல்வேன்”

Dennis Ng,  
தலைவர் தீபகர்ப மலேசியா மிஷன்

“ஒற்றுமை” என்பதற்கான கிரேக்க வார்த்தையான கொய்னோனியா, “ஒற்றுமை” அல்லது “பகிர்வு” என்று பொருள்படும் (1 கொரிந்தியர் 10:16 ஐப் பார்க்கவும்). இது கிறிஸ்துவுக்கும் அவரைப் பின்பற்றுபவர்களுக்கும் விசுவாசிகளுக்கும் இடையிலான ஐக்கியத்தை சித்தரிக்கிறது. நாம் தனிப்பட்ட முறையிலும் கூட்டமைப்பாகவும் பணிகளுக்காக ஒருங்கிணைக்கும்போது, தேவனுடனான நமது ஐக்கியத்தை உறுதியாகப் பாதுகாக்க நினைவூட்டப்படுகிறோம்.

எப்படி?

ஜெபம்: தேவனுடன் தொடர்புக்கு ஜெபம் நிச்சயமாக முதன்மையான அணுகுமுறையாக இருக்க வேண்டும். தேவனுடன் தொடர்புகொள்வது நமது பாக்கியம். “எதைப் பற்றியும் கவலைப்படாமல், எல்லாவற்றிலும், ஜெபத்தினாலும் வேண்டுகலினாலும், நன்றி செலுத்துதலோடு, உங்கள் விண்ணப்பங்களை தேவனிடம் தெரியப்படுத்துங்கள்.” பிலிப்பியர் 4:6. அவருடனான நமது தொடர்புகளில் நாம் மகிழ்ச்சியைக் காணும்படி, தேவன் தாமே, “இதுவரைக்கும் நீங்கள் என் நாமத்தினாலே ஒன்றும் கேட்கவில்லை; கேளுங்கள், அப்பொழுது உங்கள் சந்தோஷம் நிறைவாயிருக்கும்படி பெற்றுக்கொள்வீர்கள், என்று கூறினார்.” யோவான் 16:24.

வேதம்:

வேதாகமம், தேவனால் ஏவப்பட்ட வார்த்தை. அவை வெளிப்படுத்தப்பட்ட அவரது எண்ணங்கள். எனவே, அது அவருடன் தொடர்புகொள்வதற்கான சிறந்த வழியாக உள்ளது. வேதத்தின் மூலம், நாம் தேவனின் குரலைக் “கேட்கிறோம்”, அவருடைய சித்தத்தை அறிகிறோம். “வேதவாக்கியங்களெல்லாம் தேவஆவியினால் அருளப்பட்டிருக்கிறது; தேவனுடைய மனுஷன் தேறினவனாகவும், எந்த நற்கிரியையுஞ் செய்யத் தகுதியுள்ளவனாகவும் இருக்கும்படி.” 2 தீமோத்தேயு 3:16.

துதி மற்றும் நன்றி செலுத்தும் ஆராதனை.

தனிப்பட்டதாக இருந்தாலும் சரி, கூட்டு முயற்சியாக இருந்தாலும் சரி, இது கடவுளுக்கு நாம் காட்டும் அன்பின் வெளிப்பாடாகும். இதில் ஆராதனை, துதி மற்றும் பயபக்தி ஆகியவை அடங்கும். “கர்த்தருடைய ஆலயத்திற்குப் போவோம் வாருங்கள் என்று எனக்கு அவர்கள் சொன்னபோது மகிழ்ச்சியாயிருந்தேன், என்று தாவீது ராஜா சாட்சியளித்தார்.” சங்கீதம் 122:1. “கர்த்தரைத் துதியுங்கள், அவர் நல்லவர், அவர் கிருபை என்றுமுள்ளது.” சங்கீதம் 107:1. “கர்த்தருக்குள் எப்பொழுதும் சந்தோஷமாயிருங்கள்; சந்தோஷமாயிருங்கள் என்று மறுபடியும் சொல்லுகிறேன்.” பிலிப்பியர் 4:4.

தடைகள்:

பாவம் தேவனுடனுள்ள ஐக்கியத்திற்கு முதன்மையான தடையாகும். “உங்கள் அக்கிரமங்களே உங்களுக்கும் உங்கள் தேவனுக்கும் நடுவாகப் பிரிவினை உண்டாக்குகிறது; உங்கள் பாவங்களே அவர் உங்களுக்குச் செவிகொடாதபடிக்கு அவருடைய முகத்தை உங்களுக்கு மறைக்கிறது.” ஏசாயா 59:2. “மேலும், மீறல்தல் பெருகும்படிக்கு நியாயப்பிரமாணம் வந்தது; அப்படியிருந்தும், பாவம் பெருகின இடத்தில் கிருபை அதிகமாய்ப் பெருகிறது” ரோமர் 5:20. எனவே, நம்பிக்கையை இழக்காதீர்கள்! அறிக்கையிடுதல் (1 யோவான் 1:9), மனநிற்கும்புதல் (அப்போஸ்தலர் 2:38; 3:19), மற்றும் மீட்பு (லூக்கா 3:8; லூக்கா 19:8; எசேக்கியேல் 33:15) ஆகியவை தேவனுடனான ஐக்கியத்தை மீட்டெடுக்க அவசியம்.

பரிசுத்த ஆவி:

பரிசுத்த ஆவியானவர் நாம் தேவனோடு தேடும் ஐக்கியத்தில் ஒருங்கிணைந்தவர். அவர் நமக்காக வழிநடத்துகிறார், உதவுகிறார், பரிந்து பேசுகிறார். அவருடைய குறிப்பைப் பின்பற்றுங்கள். “அதேபோல, ஆவியானவர் நமது பலவீனத்தில் நமக்கு உதவுகிறார். நாம் எப்படி ஜெபிக்க வேண்டும் என்று நமக்குத் தெரியாது, ஆனால் ஆவியானவர் வார்த்தைகளால் சொல்ல முடியாத பெருமூச்சுகளுடன் நமக்காக பரிந்து பேசுகிறார். நம்முடைய இருதயங்களை ஆராய்ப்பவர் ஆவியின் சிந்தையை அறிவார், ஏனென்றால் ஆவியானவர் தேவனுடைய சித்தத்தின்படி பரிசுத்தவாண்களுக்காக பரிந்து பேசுகிறார்.” ரோமர் 8:26-27.

ஏன் ஒற்றுமை?

தேவனுடனான ஒற்றுமை அமைதி, மகிழ்ச்சி மற்றும் உறுதிப்பாட்டிற்கு வழிவகுக்கும் ஆன்மீக வளர்ச்சியை ஊக்குவிக்கிறது. கலாத்தியர் 5:22-23 ஐப் பார்க்கவும். நாம் ஒரு ஆன்மீகப் பணியை ஒப்படைக்கப்பட்ட ஆன்மீக மனிதர்கள். தேவனுடனான இந்த ஆன்மீக தொடர்பு இல்லாமல், நாம் வெறுமையாக ஒருவோம். அப்படியானால், ஆன்மீக இயல்புடைய நமது பணியை நாம் எவ்வாறு நிறைவேற்ற முடியும் - ஆன்மீக விஷயங்கள் அனைத்தும் இல்லாமல்? நாம் ஒரு பழைய, மறுசுழற்சி செய்யப்பட்ட அல்லது பூஞ்சை காளான் நிறைந்த நற்செய்தியை மட்டுமே வழங்குவோம், அது நம் ஆன்மாக்களை சிவிரக்க வைக்காததால், மற்றவர்களைப் பாதிப்பதில் பயனற்றதாக இருக்கும்.

# 2026-2030年全球总会 “我愿去”战略计划的目标

# 与上帝相交

伍明德，  
马来西亚半岛区会长

**希** 希腊语中“相交”一词 (koinonia)，意为“团契”或“分享”（参见哥林多前书10:16）。它描绘了基督与祂的门徒之间以及信徒之间的团契。当我们个人和集体地参与宣教的工作时，我们应当牢记要坚定地维系与上帝的相交。

如何做到？

祷告：祷告无疑是与上帝相交的首要途径。与上帝相交是我们的特权。“应当一无挂虑，只要凡事藉着祷告、祈求和感谢，将你们所要的告诉上帝。”（腓立比书 4:6）为了让我们在是与上帝的交通中找到喜乐，上帝都亲自说：“向来你们没有奉我的名求什么，如今你们求，就必得着，叫你们的喜乐可以满足。”（约翰福音 16:24）

圣经：圣经是上帝所默示的话语，是祂启示的思想。因此，圣经仍然是与上帝相交的最佳途径。透过圣经，我们“听见”上帝的声音，明白祂的旨意。“圣经都是上帝所默示的，于教训、督责、使人归正、教导人学义都是有益的。”（提摩太后书 3:16）

赞美和感恩的敬拜：无论是个人敬拜还是集体敬拜，都是我们表达对上帝爱的方式。它包含敬拜、赞美和敬畏。大卫王作证说：“人对我说：‘我们往耶和华的殿去’，我就欢喜。”（诗篇 122:1）“你们要称谢耶和华，因祂本为善，祂的慈爱永远长存。”（诗篇 107:1）“你们要靠主常常喜乐。我再说，你们要喜乐。”（腓立比书 4:4）

障碍

罪是与上帝相交的主要障碍。“但你们的罪孽使你们与上帝隔绝；你们的罪恶使祂掩面不听你们。”（以赛亚书 59:2）“只是罪在那里显多，恩典就更显多了。”（罗马书 5:20）所以，不要失去希望！认罪（约翰一书 1:9）、悔改（使徒行传 2:38；3:19）和归还（路加福音 3:8；路加福音 19:8；以西结书 33:15）是恢复与上帝相交的必要条件。

圣灵

圣灵是我们与上帝相交不可或缺的一部分。祂引导我们、帮助我们，并为我们代求。要跟随祂的指引。“况且，我们的软弱有圣灵帮助，我们本不晓得当怎样祷告，只是圣灵亲自用说不出的叹息替我们祷告。鉴察人心的，晓得圣灵的意思，因为圣灵照着上帝的旨意替圣徒祈求。”（罗马书 8:26-27）

为何要与上帝相交？

与上帝相交能促进灵命成长，带来平安、喜乐和保证。（参见加拉太书 5:22-23）我们是属灵的生命，肩负着属灵的使命。若没有与上帝相交，我们的灵命就会枯竭。那么，如果我们缺乏属灵的一切，又怎能完成我们属灵的使命呢？我们只会传讲陈腐的、老套的、发霉的福音，这种福音因为没有触动我们的灵魂，所以也无法影响他人。

# DO YOU HAVE TIME?

Lorna Tang,  
Editorial Board



**T**he new Quinquennium has begun. With new strategies, initiatives and plans, our church is all set to continue our work for the Lord.

But let's get back to the basics. As our GC President has often mentioned -- "Grounded in the Bible, Focused on the Mission" -- all of us are reminded to build that solid foundation that will hold us steady as we expand in our mission.

Communion with God\* is essential for exactly that.

In this issue, we will explore the importance and practical aspects of communion with God, while also learning foundational truths about communion with God that remain relevant for us today. Time spent with God, through prayer and the reading of His Word, will transform us to be able to achieve what He wants us to do.

"Daddy, how much do you make an hour?"

A boy asks his father this question, and then upon hearing the amount, runs to get his savings to see if he has enough to buy an hour of his father's time. You've probably heard or read a variation of this story before. It's a story that poignantly reminds us of how people yearn for communion with their loved ones.

Are we like the boy in the story? Are we yearning for the time with God? Unlike the boy, we don't need to ask God how much His hour will cost or check if we have enough to buy some of His time. He is already available. All we need to do is "Come". (Matthew 11:28)

\*One of the four Objectives in our I Will Go strategy 2026-2030

Seventh-day Adventists will grow into spiritually mature disciples through daily communion with God. Prompted by the Holy Spirit, a deeper relationship with Him is nurtured through prayer, the study of Scripture, mission and service, stewardship, and application of the inspired instructions of the Spirit of Prophecy.

# Grounded in the Bible, Focused on the Mission: Communion with God

**Renie Ubara,**  
*Executive Secretary*

## **T**he Heart of Our Faith

The Seventh-day Adventist Church in Peninsular Malaysia stands on a legacy of faith, resilience, and mission-centered living. At the heart of this enduring journey lies a foundational principle: communion with God. To be truly grounded in the Bible and effective in Christ's mission, members must cultivate a deep, personal relationship with God. This is not merely a devotional practice; it is the wellspring from which spiritual vitality, leadership, and mission flow. As we navigate the complexities of today's world and prepare for the imminent return of Jesus, the call to communion with God has never been more urgent or transformative.

## Lessons from Our History

### **Faith in Action**

The story of the Adventist Church in Peninsular Malaysia began with faithful workers who brought the gospel through literature evangelism and Bible study, reaching diverse communities long before formal structures existed. Since the arrival of early missionaries, like literature evangelists Abram La Rue and H. B. Meyers, in the early twentieth century, believers have discovered that the vitality of the Church is directly proportional to the depth of their relationship with God. Their willingness to serve despite limited resources and to take the gospel into towns and plantations demonstrated that true mission grows from a life grounded in God's Word and sustained through constant communion with Him. Their ministry illustrates an enduring truth: mission thrives only when it is nourished by communion with God. Even amidst social changes, cultural diversity, and urbanization, the Church has continued to flourish because its members have remained anchored in the Word and attuned to God's guidance. (Fai, 2020).



## **Biblical Models of Communion**

### **Walking with God**

The Scriptures offer vivid examples of lives transformed through intimate fellowship with God. Moses, on Mount Sinai, encountered God face-to-face, interceding for Israel and receiving divine direction for leadership (Exodus 33:11). His communion with God strengthened his character and enabled him to fulfill God's mission amidst daunting challenges. Similarly, David, the psalmist king, cultivated daily communion with God through prayer, worship, and reflection, allowing the Lord to shape both his heart and his leadership (Psalm 23; 1 Samuel 16:7). Paul, even in prison, relied on Scripture and constant prayer to sustain his ministry and inspire early believers (Philippians 4:6-7; 2 Timothy 3:16-17). These biblical figures demonstrate that communion with God is transformative: it refines character, empowers leadership, and fuels mission. Jesus modeled perfect communion with the Father. Even as a child, He sought God's guidance, sitting in the temple to listen and learn (Luke 2:46). During His ministry, He often withdrew to pray alone, rising early to meet with God and gain strength for His mission (Mark 1:35; Luke 5:16). In Gethsemane, He surrendered fully to the Father's will, praying, "Not my will, but yours be done" (Luke 22:42). Like Jesus, daily prayer, surrender, and listening to God empower us to live purposefully, face challenges courageously, and fulfill our mission faithfully.

### **Cultivating Daily Communion**

#### **Practices That Transform**

Experiencing daily communion with God requires intentionality and discipline. It begins with the deliberate reading and meditation upon Scripture, seeking not only knowledge but also insight into God's will. Prayer, both spoken and contemplative, nurtures a two-way relationship with God, where listening is as essential as speaking. Reflection and journaling allow believers to internalize God's promises, discern His guidance, and anchor their daily lives in His Word. Observing the Sabbath through worship, rest, and fellowship provides a sacred rhythm that strengthens spiritual focus. Moreover, communion with God is expressed through service and outreach; by engaging in acts of love and compassion, believers translate their relationship with God into tangible mission, demonstrating that intimacy with God and service to others are inseparably linked.

## Communion Fuels Mission

### Empowered to Serve

When members cultivate a vibrant relationship with God, their witness and evangelistic efforts are more authentic and compelling. Communion fosters humility, patience, and love, creating unity within congregations and enabling cooperative ministry. It clarifies vision, helping members discern the mission of Christ in their communities and respond with wisdom and focus. Spiritually grounded believers persevere in the face of trials, maintain hope, and serve with joy and dedication. The pen of inspiration writes, “How do we fulfill our mission? Christ’s representatives will be in daily communion with Him.” (White, 1938). “From communion with Christ he will go forth to work for those who are perishing in their sins. He is anointed for his mission.” (White, 1898). In the diverse and rapidly evolving context of Peninsular Malaysia, a Church that is deeply rooted in God can extend Christ’s mission with compassion, sincerity, and strategic impact, reaching hearts and transforming lives.

### Preparing for Jesus’ Return Ready for His Coming

The ultimate mission of the Adventist Church in Peninsular Malaysia is to prepare a people ready for the return of Jesus. Achieving this requires deep engagement with Scripture, fostering daily communion with God, and expressing faith through active service. Members who cultivate this intimate fellowship are not only spiritually nourished but also empowered to participate fully in mission, whether through personal evangelism, community outreach, or supporting church programs. Communion and mission form a dynamic cycle: the deeper one’s communion with God, the more effective one becomes in mission; the more one engages in mission, the richer one’s communion with God becomes. This symbiotic relationship prepares the Church to faithfully await Christ’s return. Ellen White writes, “in constant communion with God... In them the light of the knowledge of the glory of God in the face of Jesus Christ has been reflected... They are prepared for the communion of heaven.” (White, 1900).

## Conclusion: Focusing on What Truly Matters

### Living a Mission-Filled Faith

Beloved members, the call is clear: cultivate a personal, daily relationship with God that transforms character and fuels mission. Members should immerse themselves in Scripture and prayer, allowing their spiritual life to become the foundation for mission. Faith must be expressed in tangible ways through service, love, and witness within the community. Mentoring younger believers to embrace daily communion ensures the Church remains spiritually vibrant for generations to come. Above all, members are called to sustain hope, live faithfully, and remain attentive to God’s guidance while keeping their eyes fixed on Jesus.

Grounded in the Bible and focused on mission, the Church will continue to witness God’s power, transform lives, and prepare a people ready for the glorious return of Christ.

**Faith must be expressed in tangible ways through service, love, and witness within the community. Members are called to sustain hope, live faithfully, and remain attentive to God’s guidance while keeping their eyes fixed on Jesus.**

### Reference


- Fai, Leong (2020). *Peninsular Malaysia Mission*. Retrieved from: <https://encyclopedia.adventist.org/article?id=9ARY>
- White, Ellen. G. (1898). *The Desire of Ages*. Mountain View, CA: Review and Herald Publishing Association. P. 379.
- White, Ellen. G. (1900). *Christ’s Object Lessons*. Mountain View, CA: Review and Herald Publishing Association. P. 274.
- White, Ellen. G. (1938). *Counsels on Sabbath School Work*. Washington, D.C.: Review and Herald Publishing Association. P. 51.



# Communion with God

A Short Reflection on Luke 10:38-42

**Joshua Gan,**  
*Penang English*



**“B**ut one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.” (Luke 10:42, ESV)

Communion with God lies at the heart of authentic Christian life. It is more than prayer as habit, more than service as duty, and more than belief as doctrine. **Communion is relational – being with God, listening to Him, and resting in His presence.** In Luke 10:38-42, the brief yet profound story of Jesus in the home of Martha and Mary reveals three foundational truths about communion with God that remain deeply relevant for believers today.

#### **Communion with God Begins with Presence, Not Performance**

Luke introduces Martha as one who “welcomed Him into her house” (v. 38). Her hospitality is genuine and commendable. Yet the narrative quickly shows that Martha’s service, though well-intentioned, becomes a source of distraction rather than devotion. Luke tells us she was **“distracted with much serving”** (v. 40).

The word “distracted” carries the sense of being pulled in different directions – fragmented within. Martha’s problem was not that she served, but that her serving displaced her attentiveness to Jesus. Her hands were busy for Him, but her heart was no longer with Him. Ellen White affirms this priority: “Many are so busy in the cares of this life that they have no time for communion with God. They are in danger of losing their spirituality.” (*Gospel Workers*, p. 254)

Mary, by contrast, **“sat at the Lord’s feet and listened to His teaching”** (v. 39). In the cultural setting of Jesus’ time, sitting at someone’s feet was the posture of a disciple. Mary chose presence over productivity, relationship over responsibility.

Communion with God always begins with being before doing. Many believers struggle here. We may equate faithfulness with activity – church work, ministry involvement, constant motion. Yet activity, when detached from presence, can become spiritual noise. We may do many things *for* God while neglecting to be *with* God.

The Sabbath principle reinforces this truth. God rested not because He was tired, but to invite humanity into shared presence. Communion is not achieved by effort but received through availability. When we slow down, sit at Jesus’ feet, and attend to His word, we realign our souls to what truly matters.

**Communion with God Requires Undivided Attention and a Listening Heart**

Martha's frustration reaches a breaking point: "**Lord, do You not care that my sister has left me to serve alone? Tell her then to help me.**" (v. 40). Her complaint reveals something subtle but serious – when communion is lost, even service can breed resentment, comparison, and judgment.

Jesus' response is tender yet corrective: "**Martha, Martha, you are anxious and troubled about many things**" (v. 41). He identifies not her busyness but her anxiety. Her inner unrest shows that her attention has been divided. Though Jesus is physically present in her home, He is no longer the centre of her attention. Ellen White insightfully describes this very moment: "Martha was cumbered with much serving; her service was for Christ, but she lost sight of Christ Himself." (*The Desire of Ages*, p. 525)

Communion with God requires a listening heart – one that is not fragmented by "many things." In Scripture, listening is never passive. It is an act of surrender, humility, and trust. To listen is to allow God's word to shape our priorities, calm our anxieties, and reorder our loves.

Mary's posture models this sacred attentiveness. She does not interrupt. She does not multitask. She listens. In doing so, she demonstrates that communion is sustained not by words spoken to God alone, but by God's word received into the soul.

Ellen White highlights the spiritual power of listening to Christ's word: "It is through the word that Christ abides in His followers. This is the same vital union that is represented by eating His flesh and drinking His blood." (*The Desire of Ages*, p. 389)

In a world saturated with noise, constant connectivity, and relentless urgency, cultivating a listening heart is

countercultural. Yet without it, our spiritual lives become shallow and reactive. Communion deepens when we intentionally create space to hear God – through Scripture meditation, silence, and unhurried prayer. As Psalm 46:10 reminds us, "Be still, and know that I am God." Stillness is not inactivity; it is attentiveness directed toward God.

**Communion with God Is a Conscious Choice That Leads to Lasting Rest**

Communion with God is not accidental. It is chosen. Mary's posture reflects intentionality. She chooses to prioritize Jesus above immediate demands, even socially expected duties. In doing so, she receives something enduring. What Mary

gained could not be lost because it was rooted in relationship. Communion with God shapes the soul for eternity.

Ellen White emphasizes the eternal value of Mary's decision: "Mary was storing her mind with the precious truths falling from the Saviour's lips – truths which could not be taken from her, and which

would **bring her eternal joy.**" (*The Desire of Ages*, p. 525)

Jesus concludes with a statement of profound affirmation: "But one thing is necessary. Mary has **chosen the good portion, which will not be taken away from her.**" (v. 42). Communion with God is described here as "**the good portion**" – language echoing the Old Testament, where the Lord Himself is called the believer's portion (Psalm 73:26).

This stands in contrast to the temporary nature of many things that consume our attention. Tasks end. Meals are eaten. Programs conclude. But time spent in communion with God yields eternal fruit – transformed character, deepened trust, and inner rest.

In Matthew 11:28, Jesus extends this invitation to all who are weary: "**Come to Me**, all who labor and are heavy laden,

**Communion is relational – being with God, listening to Him, and resting in His presence.**

**The sacred art of communion with God – presence before performance, listening before labour, rest before service.**



and **I will give you rest.**” Communion is where rest is found – not merely physical rest, but soul-rest. Hebrews 4:9 speaks of a rest that remains for the people of God, rooted in faith and trust rather than self-effort. Mary enters that rest at Jesus’ feet.

In choosing communion, we choose what sustains us when life becomes demanding. We choose what anchors us amid uncertainty. We choose what cannot be taken away.

### **Choosing the One Thing**

The story of Martha and Mary is not about condemning service or elevating contemplation alone. It is about restoring balance – placing communion with God at the centre of all Christian activity. Ellen G. White summarizes this beautifully: “The life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding, peaceful trust.” (*Steps to Christ*, p. 70)

Luke 10:38-42 invites us to examine our own rhythms, priorities, and inner posture toward God. Are we distracted even while serving? Anxious even while believing? Busy even while longing for peace? What have we chosen? Are we distracted, anxious, and spiritually weary – or are we seated at the feet of Jesus, listening?

Communion with God calls us back to simplicity – not simplistic faith, but focused devotion. **It begins with presence, deepens through listening, and flourishes through intentional choice.** May we, like Mary, choose the good portion. May we learn again the sacred art of communion with God – **presence before performance, listening before labour, rest before service.** May we learn to sit at Jesus’ feet, listen to His word, and find in Him the rest our souls were created to know – the Sabbath for human heart that is found in Jesus, the Lord of the Sabbath, the Lover of human soul.

**“My presence will go with you, and I will give you rest.”** (Exodus 33:14)

That promise still stands – for all who choose communion with God. Moving forward in our life’s journey, may we gladly choose communion with God every single day.

# Why Habits Fail

## (and How to Make Them Stick)

Dr Khaw Hun Wei,  
*Penang Adventist Hospital*



---

**H**appy New Year!  
Every start of the new year, there is a specific day where most people give up on their New Year health resolutions and gyms experience a decrease in traffic. This phenomenon is called “Quitter’s Day” and happens around the second Friday in January -- January 9 for this 2026.

This date is often cited by researchers (popularized by data from the fitness app Strava) as the day when the “New Year magic” wears off. About 80% of people abandon their health resolutions by this date.

Quitter’s Day happens because the “Fresh Start Effect” fades. By the second Friday of the year, the initial excitement is gone, life gets busy again, and new habits start to feel like a chore.

To make it past January 9, you need to shift from willpower to strategy.

Here is how you can stop the cycle of “starting over” and make healthy habits a permanent part of your life:

### 1. Start Small

Don’t fully rely on motivation. Motivation is a feeling, and feelings are fickle. When you’re tired or stressed, your motivation evaporates.

Instead, make your new habit so easy you can’t say no to it:

- *Goal: Run 5km → Habit: Put on your running shoes.*
- *Goal: Eat more vegetables. → Habit: Add vegetables to any dish that you are cooking, make it a one pot meal that contains both protein and vegetable.*

### 2. Use “Habit Stacking”

Your brain is already full of established patterns (like brushing your teeth or making coffee). Instead of trying to remember a new habit out of thin air, you “stack” it directly on top of something you already do without thinking.

To build a stack, you just fill in the blanks of this sentence: “After I [Current Habit], I will [New Habit].”

The “5-a-Day” Habit (5 servings of fruits and vegetables a day)

A “serving” is roughly the size of your fist. To hit five without feeling overwhelmed, spread them across the day.

Example:

- *Breakfast: After I prepare my morning beverage, I will grab one piece of fruit (banana/apple) to eat with breakfast. (1 serving)*
- *Lunch: After I sit down for lunch, I will eat a side salad or a cup of cherry tomatoes before I touch my main meal. (2 servings)*
  - *Dinner: After I start cooking the main protein, I will add two handfuls of spinach or broccoli to the pan/pot. (2 servings)*

### 150 Minutes of Exercise

150 minutes sounds like a lot, but it breaks down to just 22 minutes a day or 30 minutes, 5 days a week

- *After I finish my workday, I will immediately put on my gym clothes before I sit on the couch.*
- *After I brush my teeth, I will do 10 minutes of a YouTube workout or a brisk walk.*

**The Golden Rule:  
Consistency is more  
important than intensity.**

**The key is to stop viewing  
them as “chores” and start  
seeing them as integrated  
parts of your schedule.**

### 3. Design Your Environment

Willpower is a finite resource. Don't waste it fighting your surroundings. If you want to eat healthier, don't leave cookies on the counter; put a bowl of fruit there instead.

- *Reduce Friction: If you want to work out in the morning, lay your clothes out the night before.*
- *Add Friction: If you want to stop scrolling on your phone, put it in another room while you eat dinner.*
- *The "Top Shelf" Rule: Keep washed, ready-to-eat fruit and veggies on the middle shelf of the fridge at eye level. Don't hide it in the vegetable crisper drawer.*
- *Visual Cue: Place your dumbbells or yoga mat right in the middle of your living room floor. It acts as a "speed bump" that reminds you to move.*



### 4. Never Miss Twice

Life happens. You'll get sick, travel, or just have a bad day. The difference between a successful habit and a failed one is how you handle the slip-up.

Follow the "Never Miss Twice" rule. Missing once is an accident; missing twice is the start of a new habit of not doing it. If you miss a workout, make it your absolute priority to do even five minutes the next day.

**The Golden Rule:** Consistency is more important than intensity. A 10-minute walk every single day is infinitely better for your health than a 2-hour workout once a month.

To hit 5 servings of fruits and vegetables and 150 minutes of exercise, the key is to stop viewing them as "chores" and start seeing them as integrated parts of your schedule.

2 0 2 6

## Reading Challenge

# Patriarchs & Prophets

*Read through until the end by December 2026.*



*This book treats upon the themes of Bible history, themes not in themselves new, yet here so presented as to give them a new significance, revealing springs of action, showing the important bearing of certain movements, and bringing into stronger light some features that are but briefly mentioned in the Bible.*

A prize is awarded to those who successfully complete the book. Come along with us now.



Spirit of Prophecy Department  
Peninsular Malaysia Mission

Scan to register



# Participant-Centred “Revival and Breakthrough”

## Chinese Churches Camp Marks a New Chapter

**Wong Kok Boon,**  
*Penang Chinese*



The audience give an overwhelming response to the speaker



A Dialogue session with panelists sharing their professional views



Dr Garry Kuan, a member from Kota Bharu church, conducted workshops on “Care group fellowship”



Participants were engaging into group discussion in the morning devotion

**F**rom December 11 to 14, 2025, the 19th biennial Malaysia-Singapore Chinese Churches Camp was held in Hotel Mercure Penang Beach. Centred on the theme “Revival and Breakthrough,” the event attracted nearly 200 believers from Malaysia and Singapore. Notably, the camp marked a significant milestone, not only in its spiritual focus but also in its innovative approach to program design.

### **A Strategic Shift from Platform to Participation**

Unlike previous camps that were largely centred on keynote speakers and sermon-based sessions, this year’s organizing committee intentionally shifted the focus toward participants. This strategic move reflected a growing desire to foster deeper engagement, ownership, and meaningful involvement among attendees.

Program schedules were thoughtfully restructured to reduce long periods of one-way listening. In their place, a variety of interactive and participatory sessions were introduced, including small-group discussions, themed activities, workshops, and dialogue segments. Participants were encouraged to engage actively, learn through involvement, and grow through dialogue and shared reflection.

### **Heightened Engagement Makes Faith Tangible**

This shift aimed to ensure that messages of faith would not remain theoretical but would be integrated into personal experience and reflection through interaction and practice. The organizer noted that this format resonated with the theme of “Revival and Breakthrough,” emphasizing that breakthroughs in faith need to be sparked and validated through involvement and action.

This new format resulted in a noticeable increase in engagement and enthusiasm throughout the camp. Many participants expressed that they felt more connected—not only to the camp speakers, but also to fellow believers. The interactive environment created space for authentic sharing, mutual encouragement, and deeper relationships, strengthening the sense of community among attendees. One of the highlights in the camp was the immersive New Testament Church Era program. The program was led by Pastor Tan Meng Cheng, former president of Peninsular Malaysia Mission, bringing the participants back to the New Testament time, where the twelve disciples gathered for a spiritual revival. Pastor Tan with the other eleven church pastors were wearing the costumes of the time, inspiring one another to stand up boldly for Jesus. Through this reenactment, participants

## Mission Spotlight

journeyed together through the outpouring of the Holy Spirit at Pentecost, and the humble act of washing one another's feet.

### Positive Participant Feedback

Many attendees expressed that the interactive segments made the camp more engaging and cohesive. In small groups sharing and thematic dialogues, discussions about faith became vivid and genuine. Pastor Tan Meng Cheng and Singapore Mission President Pastor Johnny Kan also encouraged believers in their messages to “bravely break free from shackles and set sail again for revival”, as the statement was sung repeatedly in the camp theme song. Their sharing complemented the camp's interactive format, collectively conveying the idea of “experiencing renewal through engagement.”

Post-camp feedback highlighted the impact of this participant-centred approach. Several attendees shared that the spiritual messages presented were easier to internalize and apply in daily life. The theme of “Revival and Breakthrough” was no longer merely conceptual but became tangible through personal involvement and collective experience.

The organizer also observed that the diversified program structure allowed participants with different backgrounds and learning styles to engage more fully. By creating multiple entry points for participation, the camp empowered attendees to take an active role in their spiritual journey.

**Believers gather for a transformative camp experience through interactive programs, immersive biblical reenactments, and meaningful fellowship; participants rediscovered faith through engagement and shared reflection.**

### A Model for Future Gatherings

Looking ahead, the organizing committee expressed hope that this renewed format would serve as a guiding direction for future Camps. There is optimism that such reforms will attract more participants and encourage broader involvement across churches and generations. As the church continues to seek meaningful ways to nurture faith and community, this year's camp stands as a timely example of how thoughtful innovation can lead to deeper impact and lasting renewal.

The success of the camp was made possible through the support of many parties. The Organising Committee extends its special thanks to the behind-the-scenes working teams, the “think tank” (comprising several pastors and ministry co-workers) who contributed programme ideas, the 316 Music Ministry for composing the camp theme song, the specially invited guest speakers, as well as Penang Adventist Hospital and many generous donors who sponsored the camp financially.



An immersive New Testament Era program was conducted by Pastor Tan with church pastors



Participants were involved in the humble act of foot washing



Participants divided into small groups to carry out assigned tasks

# 从“听道”到“行道”：

## 马新帐篷大会 以互动体验推动信仰更新

2025年12月11日至14日，两年一度的第19届马新华文教会帐篷大会在槟岛的Mercure Penang Beach 酒店举行。本次大会以“复兴与突破”为主题，吸引了近200位来自马来西亚与新加坡的信徒参加。与以往不同的是，大会进行了一项重要革新——从以讲员为中心的“聆听模式”，转向以参与者为中心的“体验模式”，收获了广泛好评。

### 从聆听到参与：形式革新

过去的大会议程多以长时间讲道为主，参与者较为被动。今年，筹委会大胆调整，减少单向讲授的时间，增加了小组讨论、主题对话、喝茶聊天等互动环节。参与者不再只是听众，而是成为分享者、回应者与实践者。例如，其中一个节目是，陈明祯牧师与十一位牧者演绎十二门徒，带领会众进入一场沉浸式的新约教会体验。在这段重现节目中，参与者经历了五旬节圣灵的充满和彼此洗脚的谦卑服侍。

这一转变旨在让信仰信息不只停留在理论层面，而是通过互动与实践，融入个人的体验与反思。大会组委会指出，这种形式正是呼应“复兴与突破”的主题——信仰的突破需要在交流与行

动中被激发和印证。

### 互动中体会信仰：参与者反馈积极

许多参会者表示，互动环节让整个大会更加投入、更有凝聚力。在小组分享、专题对话中，信仰的讨论变得生动而真实。前任会长陈明祯牧师与新加坡区会会长简文亮牧师也在信息中鼓励信徒“勇敢突破枷锁，复兴再起航”，他们的分享与大会的互动形式相辅相成，共同传递“在体验中经历更新”的理念。

### 展望未来：或成聚会新范式

此次以参与者为中心的尝试，被视为帐篷大会未来发展的重要探索。主办方希望，这种注重体验与群体的模式，能吸引更多信徒参与，在共同的旅程中实现灵性更新与信仰突破。

大会的成功亦离不开多方支持。筹委会特别感谢为大会提供节目创意的“智囊团”（由多名传道同工组成）、创作大会主题曲的316音乐事工、大会特邀来宾讲员、赞助大会经费的槟安医院和多位慷慨捐赠者，以及大会幕后的工作小组。



第十九届马新帐篷大会合影

DEPARTMENT DIRECTORS 2026-2030



**President**  
Digital Ministry &  
Voice of Prophecy



**Executive Secretary**  
Adventist Mission



**Mission Treasurer**  
Adventist-laymen's  
Services & Industries



**Robert Agustin**  
Ministerial Secretary,  
NDR IEL



**Jacob John**  
Stewardship



**Tan Thiam Yun**  
Health Ministries,  
APM, ACS



**Lorna Tang**  
Children's & Women's Ministries,  
Ministerial Spouses Association



**Ainy Evelyn Stephen**  
Publishing Ministries,  
Spirit of Prophecy



**Cheng Zi Xian**  
Youth Ministries



**Tan Weoi Siong**  
Sabbath School &  
Personal Ministries



**Maclan Matthew**  
Education



**Donny Tan**  
Communication  
(Honorary)



**Rosalind Chan**  
Family Ministries  
(Honorary)



Dennis Ng  
Chairman



Renie Ubara  
Secretary



Kelvin Liew  
Members



Albin Phua  
Institution Leader



Robert Agustin  
Department Directors



Cheng Zi Xian  
Department Directors

Pastors / Bible Instructors Representation



Byronchriswel Jobi  
BM



Sanjeevwa Sritharan  
English



Stanly Lee  
Chinese



Jacob John  
Indian

Lay Representatives



Elcirmond Jenson  
BM



Jeoffery Asin  
English



Rosalind Chan  
Chinese



Mary Stella Anthony Dass  
Indian



Wong Bee Yan  
North



Fam Guo Yi  
Central



Bernard Khit Choy Leong  
South

# Regional Harvest 2025

**Renie Ubara,**  
*Executive Secretary*



Central group photo



Southern group photo



Melaka group photo



Northern group photo



Ipoh group photo

**F**irst, we give glory to God for His wonderful leading and blessings. Thank you to all the leadership involved from the Southern Asia-Pacific Division (SSD), Malaysia Union Mission (MAUM) and PEM. Thank you to all pastors, church leaders, and all members.

Regional Harvest 2025 was a coordinated evangelistic initiative conducted across Peninsular Malaysia Mission between June and November 2025, guided by the principles of Global Total Member Involvement (GTMI). Under the theme “Integrated for Mission,” the initiative sought to mobilize every member in collective gospel outreach, resulting in spiritual renewal and missional collaboration.

#### Overview and Implementation

The initiative was implemented across six regions, each contextualizing its approach while maintaining a unified mission focus. Key elements included biblical proclamation, lay participation, inter-church collaboration, and intentional discipleship follow-up. The following are the six regional evangelistic meetings:

Kuantan Region (2–5 June 2025, Kuantan Chinese Church): Led by Pr. Tan Meng Cheng (PEM President); ~60 attendees; 2 baptisms.

## Mission Spotlight

### Ipoh/Kinta Valley

(1–4 October 2025, Teluk Intan; Klebang; Ipoh);  
Led by Pr. Abel Bana (MAUM President);  
80–350 attendees; 1 baptism.

### Southern Region

(13–18 October 2025, Johor Bahru BM;  
White Hall, Kempas);  
Led by Dr. Liang Chuanshan (AIIAS);  
100–250 attendees; 2 baptisms.

### Melaka Region

(14–15 November 2025, Melaka Church);  
Led by Pr. Renie Ubara (PEM Ministerial);  
~60 attendees; 2 baptisms (13 December 2025).

### Central Region

(17–22 November 2025, SAHC, Wisma MCA);  
Led by Dr. Abner Dizon (SSD AMR);  
~50–1,400 attendees; 19 baptisms.

### Northern Region

(26–29 November 2025, PESDAC,  
Rainbow Paradise Hotel);  
Led by Pr. Renie Ubara (PEM Ministerial);  
90–350 attendees; 9 baptisms.

### Missiological Significance

The outcomes affirm the need to emphasize GTMI paired with long term and short term integrated mission collaborative strategies in and among local churches. The initiative demonstrated that contextual diversity, when anchored in Christ's great commission, shared biblical vision, strengthens mission impact and church growth.

### Conclusion

Regional Harvest 2025 reflects God's leading through united member engagement in mission. Moving forward, the church remains committed to being grounded in the Bible, focused on the Mission, and ready for REAPS 2026, calling all members to relational witnessing and active participation in Christ's mission.

All glory to God.



Northern Region Pastors with PEM & MAUM representatives



Central Region Baptismal Candidates



Pr Tan Meng Cheng



Dr Abner Dizon

---

**United in Christ, Empowered for Mission, Ready for the Harvest.  
From Unity to Harvest — Engaging Every Member in God’s Mission.**

---



Special Song (Central Region)



Special Song (Northern Region)

# MTC Kepong Health Evangelism

by **Owulo Alexander,**  
MTC

**F**or the past year and a half, a team sent to Kepong took this city as their mission field and has been working hard daily to reach out to those that they can reach.

The team had visited every house within their permission, giving out books and tracts to the people. They built connections with some people and have 4 people in bible study currently.

After the team had gone round the city, they decided to organize a 5-day health evangelism program to benefit the people in this city. Their aim was to educate their contacts on how to maintain a healthy lifestyle, prevent some major health problems and also to generate more contacts. The program ran from the 26 to 30 November 2025.

Prior to the health evangelism, a survey was conducted to help the team find out what topics they needed to focus on. The topics were carefully selected according to the diseases and sicknesses that are common to the people in this area.

The team took one month to distribute flyers around the city inviting people to the program and many indicated an interest for the program. It was a beautiful experience and good teamwork, getting four thousand pieces of printed flyers to the people even when it was drizzling.

The topics presented were about heart attack, how to maintain healthy bones, high blood pressure, diabetes and high cholesterol. The



Health Talk



Appreciation gift presented by Mr James Gan to Dr Pua

focus was mainly on causes, prevention and reversal. In summary, NEWSTART is the best way to stay healthy and safe.

## **Through dedication, teamwork, and God's guidance, seeds have been planted in Kepong. With lives touched and connections built, let's pray for the harvest.**

People attended the program despite the challenges that occurred during that period. Some of the challenges were rainfall almost every day, two car accidents (praise God no injuries recorded), and the location not having ample parking. We had some people who walked in, too.

One thing that amazed us was one uncle that rode his bicycle in the rain to attend the program but unfortunately,

he came a few hours too early and had to leave before the program started due to his health condition.

Dr Pua was the main speaker amongst the three speakers that spoke for the program. The talks were very informative. The participants stayed back after the program to ask some questions related to their health conditions, which Dr Pua patiently helped them with.

The team did their food sampling and the participants were amazed at how the food was prepared in a healthy way and still tasted really good. They were happy to get the recipe for each food that was presented during the program.

There is ongoing follow up with the contacts that attended the program who showed interest in wanting to know more. We pray and believe that the work that has been done will produce fruits soon and the goal of planting a church in this city will be accomplished.

In summary, we thank God for the strength, courage and wisdom to carry out this work in this city. We also thank Peninsular Malaysia Mission for their support and advice to see that everything ran smoothly. Please join us in prayer that the hearts of all these precious souls will be surrendered soon.



The team

# Klang BM Updates

by **Byronchriswel Jobi,**  
*Klang BM*

**K**lang BM Church successfully held a Voice of Youth Camp and an evangelistic meeting with much blessing and evident guidance of the Holy Spirit.

## 1) Voice of Youth Klang BM Camp, 17–19 October 2025

Theme: Cornerstone of Faith

Throughout the three-day spiritual retreat, at El Sanctuary, Alor Gajah, Melaka, 22 participants were enriched through three impactful Bible-based lessons:

- Living by Faith: true spiritual strength is not built on human effort but on full dependence upon God.
- Small Beginnings: do not underestimate small efforts in ministry or personal growth. When placed in God’s hands, even the smallest beginnings can produce great and lasting impact.
- Run Your Race: persevere, “fixing our eyes on Jesus” (Hebrews 12:1–2). Various other activities created an

atmosphere of unity, openness, and mutual support, allowing youths to share their struggles and encourage one another in God’s love. The camp became a spiritual milestone for many, igniting a desire to continue growing in faith and serving the church.

## 2) Klang BM Evangelistic Meeting 2025, 14–16 November 2025

Led by Elder Elcirmond Justready Faith Janson, the meeting brought a renewed sense of unity, revival, and commitment to God’s Word among all who attended.

The speaker presented 5 sessions on themes such as Ciptaan Termulia, Ranting yang Sakit, Penebusan dan Pembetulan, Janji Berkat, and Yang Dituntut oleh Hukum. Several seekers expressed their strong desire to continue learning the Bible and to join the fellowship of the church. Their enthusiasm and openness became a blessing and encouragement to everyone involved.

One of the greatest blessings was seeing the fruit of the Holy Spirit’s work. Two individuals expressed interest in preparing for baptism. In addition, two precious souls—Abigail Jasni and Ruth Jasni—made their decision for Christ and were baptised, bringing great joy to the congregation. Their testimonies stand as a reminder of God’s power to transform lives.

**“So then faith comes by hearing, and hearing by the word of God.”**

### Romans 10:17

May the seeds planted during this meeting continue to grow, and may God’s Word lead many more to know His love and truth.



Evangelistic Meeting Attendees

# Sharing Christmas Joy at Banting Hospital:

## 400 Fruit Goodie Bags Distributed

by Stanley Anand,  
*Banting Indian*



At Hospital Banting

**D**uring the Christmas month, Banting Church brought a simple gift of care to the Banting Hospital community by distributing 400 fruit goodie bags to patients, nurses, doctors, and hospital staff. This outreach was more than a festive gesture—it was a meaningful way to share the joy, hope, and warmth of Christmas with those who were in the hospital during the season.

Many patients expressed happiness and gratitude as they received the fruit goodies. For some, it was a small reminder that they are not forgotten, even in a difficult season of sickness and recovery. The smiles, kind words, and grateful responses from both patients and staff encouraged our church members and strengthened our commitment to serve with compassion.

This ministry has been carried out consistently for the past seven years. Each year, Banting Church returns during the Christmas season with the same purpose: to bring comfort, encouragement, and kindness to the hospital environment, and to appreciate the dedicated medical teams who serve the community daily. It is our privilege to support the hospital staff who work tirelessly, often under pressure, to care for lives and families.

Banting Church thanks Banting Hospital management and staff for allowing this outreach to be conducted. We also appreciate every church member and supporter who contributed, prepared, and participated. May this simple act of giving continue to reflect the true spirit of Christmas—God’s love shared through practical kindness.

# Honouring Our Protectors This Christmas:

Banting Church Visits Banting Police Station with 400 Fruit Goodies

by **Stanley Anand,**  
*Banting Indian*

**A**s part of our Christmas month community outreach, Banting Church visited the Banting Police Station to show appreciation to the police officers who serve and protect our community. On this special visit, the church distributed 400 fruit goodie bags to the officers as a token of gratitude and encouragement.

This outreach was conducted in the spirit of Christmas—sharing joy, kindness, and appreciation with those who work daily to keep our neighbourhoods safe. Police officers often serve in demanding conditions,

frequently sacrificing time with their own families so others can live in peace. Through this visit, Banting Church wanted to acknowledge their commitment and remind them that the community values their service.

This was the first time Banting Church visited the police station for Christmas outreach, making it a meaningful milestone for our ministry. The officers received the gifts with warmth and appreciation, and the visit helped build a positive bridge of connection between the church and the local police force.

Banting Church expresses sincere thanks to the Banting Police Station leadership and officers for welcoming us. We also thank all church members and supporters who made this outreach possible through contributions and preparation. Our prayer is that this small gesture will encourage the officers and strengthen goodwill within our community—especially during the Christmas season.



At the Police Station

# Sabbath Fellowship in Nature

by Rayne Clement,  
Sungai Petani BM



Enjoying nature at Bukit Banyan Park

**W**hen it comes to the church, unity and fellowship are just as important as mission. In writing about the church, Ellen White said the following statements,

“By mutual contact minds receive polish and refinement; by social intercourse, acquaintances are formed and friendships contracted which result in a unity of heart and an atmosphere of love which is pleasing in the sight of heaven.” Testimonies for the church, Vol 6. 172.2

**“Social power, sanctified by the Spirit of Christ, must be improved to win souls to the Saviour.” Testimonies for the church, Vol 4, 555.2**

On 6 December 2025, the Sungai Petani BM (SP BM) Church had an outing to a nearby park after church service. The purpose of this outing was to allow church members to come together and fellowship, to deepen the bond with each other, to have sanctified social interactions as well as spend time in nature.

The SP BM Church by the grace of God has been growing in number, especially for the young people. Students from the different campuses in Penang, Kedah and Perlis have chosen to come to SP BM Church as their place of worship and the numbers have been growing steadily.

However, with the growing numbers, the church leadership sensed that there was a lack of true fellowship with one another and there was not much opportunity to just socialise and get to know each other, especially among the adults and the young people. And that was the reason the outing was arranged.

The outing was done at Bukit Banyan Park, in Sungai Petani, only a short distance from the place of worship. It was good to get out and spend time in nature on the Sabbath. The church members had a good time eating and socialising together. We also spent time singing songs to praise and worship God as well as engaging in activities that pointed us back to God and the Bible.

This was truly an enjoyable time that the SP BM Church shared together. After the outing, there was a deeper connection with each other as well as a renewed unity and focus.

We hope to do this more often because taking time to socialise as church members will strengthen our unity and bond with each other. And it is our hope that we will continue to strengthen each other in the faith, being grounded in the Bible and focused on the mission ahead of us.

Please keep the SP BM Church in prayer as we continue to move forward in God’s direction and as we allow God to use us to finish the work that He has given. May God bless every one of you.

Maranatha.

# A Blessed Sabbath to Remember!

by Stanley,  
Kulim Indian



A blessed Sabbath to remember – united in faith and mission as we celebrate 75th World Pathfinder Day and the Induction & Investiture Ceremony.

**T**he Kulim Indian Seventh-day Adventist Church was recently blessed with a joyful and spirit-filled Sabbath on 1 November 2025, as it hosted a special Induction and Investiture Ceremony for the Arise & Shine Pathfinder Club, a joint ministry of the Kulim Indian and Nibong Tebal Indian SDA Churches together with the Shalom Pathfinder Club from Klebang Indian SDA Church. The celebration also marked the 75th World Pathfinder Day, a global reminder of our sacred mission to “Arise and Shine for Jesus!” The day was further enriched by the presence of MG Daniel Victor, accompanied by his wife MG Jane, whose words of counsel and encouragement inspired both Pathfinders and church members alike. Also in attendance were Pastor Joshua John, Pastor of Klebang Indian SDA Church, and his wife Mrs. Ava Mariblanca John, whose fellowship added warmth and joy to this blessed occasion.

The program was a beautiful blend of dedication, thanksgiving, and spiritual renewal. As each Pathfinder took their pledge and commitment, the congregation witnessed a fresh outpouring of enthusiasm and purpose. Songs of praise, heartfelt prayers, and messages of encouragement reminded everyone of the importance of faith, service, and leadership rooted in Christ. The unity among clubs reflected the Adventist spirit of teamwork and mission, as young people reaffirmed their desire to shine as lights for Jesus in their homes, schools, and communities.

Adding to the blessings of the day, the congregation joyfully celebrated the 21st birthday of Adelina Moorthy, sister of MG Hendru Balan. Her milestone birthday, shared on such a meaningful Sabbath, brought smiles and gratitude as the church family joined in prayer for her continued growth and God’s abundant blessings. The entire day stood as a testimony of God’s goodness, with faith, fellowship, and family reminding us all that in Christ, every moment becomes extraordinary.



Celebrating Adelina Moorthy's 21st birthday on a blessed Sabbath – May God's guidance and abundant blessings follow her always!



Honored to witness MG Hendru Balan, MG Daniel Victor, MG Ellen Andrews, and MG Arvind Robert leading the Pathfinder Investiture Ceremony with passion and purpose.

# 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 Jul (for Sep Issue)

-15th Apr (for Jun Issue)

-15th Oct (for Dec Issue)



### Write

Indicate name / pseudonym, church / organization



### Check

Check spelling and grammar, use appropriate punctuation



### Avoid

Avoid insert picture in MS Word  
Avoid whatsapp compressed photo



### Photo

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



### Email

vision@adventist.org.my

# Pandamaran BM Updates

by **Byronchriswel Jobi**,  
*Pandamaran BM*

**V**oice Of Youth (VOY) Week of Prayer 2025 Conducted online from August to October 2025, this three-phase spiritual program brought together youths, families, and church members each night for prayer, worship, and reflection. It was a spiritual awakening. Hearts were touched, faith was strengthened, and young people discovered a renewed sense of calling.

*Phase 1:*

### **Thy Word Is a Lamp unto My Feet**

*(17–23 August 2025)*

Youth were inspired to let the Bible guide their choices, strengthen their faith, and illuminate their path daily.

*Phase 2:*

### **Journey Into the Unknown Land**

*(14–20 September 2025)*

Many shared how these messages brought comfort, courage, and renewed trust in God's leadership during challenging moments.

*Phase 3:*

### **Youth & Mission**

*(19–25 October 2025)*

Young people were reminded that each of them is chosen by God, filled with potential, and empowered to serve His mission.

May the spark ignited during this Week of Prayer continue to shine brightly, guiding our youth to live boldly for Jesus and to become His voice of hope in a world longing for light.

## **2) Pandamaran Evangelistic Meeting 2025**

Held from 2-8 November 2025, under the ministry of Pastor Jim Gabu, the series became a beacon of hope, truth, and encouragement for all who attended.

Across seven powerful sessions, topics such as *Jika Benar Alkitab Itu Ada, Apa Bukti-buktinya?, Kenapa Begitu Banyak Penderitaan?, Benarkah Masa Depan Dunia Sudah Diketahui?, Manakah Pilihan yang Tepat untuk Hidupmu?*,

and *Wahyu Pengakhiran* opened the minds and hearts of many seekers.

One of the greatest highlights of the Evangelistic Meeting was witnessing the fruit of the Holy Spirit's work. Four individuals showed strong interest in preparing for baptism, while six precious souls—Aurther Rich Xavier Rudy, Daniel Persie Filexron, Aver Ealdern Jeffery, Jed Valcern Jeffery, Alvero Gabriel Bin Raidy, and Kaeshava A/L Logendran—made their decision for Christ and were baptized. Their testimonies reminded the church of God's power to transform lives and lead people into a closer relationship with Him.

As the event concluded, the church family was filled with gratitude for God's leading, the unity among members, and the deep spiritual impact made throughout the week. The Evangelistic Meeting strengthened the church's mission focus and renewed their commitment to sharing the gospel with the community.

**“The harvest truly  
is plentiful,  
but the labourers  
are few.”**

**Matthew 9:37**

May the seeds planted during this blessed week continue to bear fruit, and may many more come to know Christ through the faithful ministry of His church.

## **3) Voice of Youth Camp 2025**

Held from 28–30 November 2025 at the peaceful Golden Sand Baptist Assembly in Port Dickson, the camp brought together 28 enthusiastic participants for a weekend of worship, fellowship, and life-changing encounters with God.

The theme, “Cornerstone of Faith”, is a reminder that Jesus Christ is our unshakable foundation in all seasons of life.

The camp included various meaningful and exciting experiences such as:

- Bible video presentation projects
- Leadership and teamwork development
- Team-building outdoor games and night activities
- Social Night reflections and testimonies
- Heartfelt spiritual fellowship and prayer circles

These activities fostered unity, confidence, responsibility, and spiritual maturity.

One of the most memorable and heartwarming moments of the camp was the baptism of a young participant who chose to publicly commit to Jesus. This precious moment reflected how God continues to work among our youths—transforming lives and building His church upon the true Cornerstone.



Pr Jim Gabu



Pandamaran Evangelistic Meeting



VOY Camp 2025

# Public Campus Ministry Spiritual Camp

by **Tan Weoi Siong,**  
*Youth Ministries*

**T**he Public Campus Ministry Spiritual Camp, themed Mission Without Boundaries, took place from 7 to 9 November 2025, at the Highland Christian Centre in Cameron Highlands. Set against a peaceful and refreshing natural backdrop, the camp brought together 149 students from public and private campuses across Penang, Perak, Kuala Lumpur, Selangor, and Melaka. Hailing from diverse academic fields and campus cultures, they gathered with a shared desire to grow spiritually and to better understand God's purpose for their lives. Designed as a time for spiritual renewal, learning, prayer, and fellowship, the camp had a clear goal: to help students recognise that God's mission is not limited by place, background, or future profession. Instead, mission is a calling for every believer to live out faithfully wherever they are.

The theme Mission Without Boundaries was deeply rooted in Scripture and in the understanding that the gospel reaches people in every situation of life. The apostle Paul wrote, "I have become all things to all men, that I might by all means save some" (1 Corinthians 9:22, NKJV). This verse guided the camp's overall direction. Students were encouraged to let faith guide their daily decisions, relationships, and priorities, remembering that mission extends into homes, workplaces, and communities.

The main plenary sessions and the Sabbath sermon were led by Elder Farrel Gara, the MAUM Youth Director, who provided the spiritual direction for the camp. Through his messages, Elder Farrel highlighted the unique calling of young people in God's mission and emphasised that youth are not only preparing for future service but are presently called to live as faithful witnesses within their campus communities. During the Sabbath service, students were invited to consecrate their lives to God, trusting Him fully with their studies, relationships, and future. He reminded them that even small acts of faithfulness can become part of God's great plan, just as Paul's ministry touched individual lives and transformed entire communities.

In addition to the main sessions, a series of workshop plenaries provided focused teaching and practical guidance.

These sessions were led by Pr Renie Ubara, PEM Ministerial and Field Secretary; Pr Maclan Matthew, PEM Education Superintendent; and Dr Tan Min Min. Pr Renie Ubara spoke on spiritual readiness and commitment, reminding students that mission begins with a personal relationship with God. He emphasised the importance of prayer, Bible study, and obedience, especially during times of uncertainty. Pr Maclan Matthew focused on the need for a strong biblical foundation and Christlike character, reminding students that true influence is built through consistent Christian living rather than position. Dr Tan Min Min addressed preparation for life after graduation, encouraging students to carry their faith into every stage of adulthood, guided by values such as integrity, responsibility, and compassion. Together, these workshops helped students understand that the mission continues beyond the campus and is lived out through everyday life.

The camp was directed by Pr Weoi Siong Tan, PEM Youth Ministries Director, with the assistance of sister Esther Chong from PJCC, who served as the program coordinator. One of the main goals was to actively involve students in every part of the programme, ensuring they were contributors rather than mere attendees. Students were involved in planning, organising activities, leading worship services, and supporting logistical needs. Different campus groups were given opportunities to present special songs and lead worship sessions, reflecting the diversity of the campuses represented. Through this shared participation, students were encouraged to take ownership of their faith, understanding that worship and service are central expressions of mission.

Prayer had a central role throughout the weekend. Pr Weoi Siong Tan led several united prayer sessions as an expression of unity in Christ. Prayer requests were collected throughout the camp, covering personal struggles, academic pressures, family concerns, and decisions about the future. These requests were brought before God during group prayer times, reminding students that they are not alone and that God listens to the prayers of His people. These sessions created a strong sense of care, humility, and dependence on God, reinforcing the understanding that mission begins with



Group photo 1



Group photo 2

prayer and spiritual strength comes from a close relationship with Him. Students were encouraged to continue this habit of united prayer beyond the camp, carrying with them the awareness that interceding for one another strengthens both faith and fellowship.

Evening team-building sessions were led by sister Claysie from Melaka campus hope and her team members from different campuses. These activities provided opportunities for students to bond, work together, and strengthen their relationships in a fun yet meaningful way. The exercises encouraged cooperation, problem-solving, and communication, teaching students the value of working together in service to God and others. Another highlight was the Interaction Board activity led by the AY UPSI leaders. Serving as an icebreaker, this activity allowed students to send encouraging messages to one another and exchange small gifts using provided bead crafts. These tangible expressions of appreciation helped deepen friendships among students from different campuses. Beyond these structured

activities, shared meals and informal fellowship provided further opportunities for students to engage and encourage each other in their faith.

Although the camp lasted only three days, its impact will continue as students apply what they have learned in their daily lives. The organisers hope that the next Public Campus Ministry Spiritual Camp in 2026 will see even more students join, bringing fresh energy and enthusiasm to the shared experience of learning, prayer, and mission.

It is their prayer that the Mission Without Boundaries camp will continue to inspire students to grow in Christ, serve faithfully, and live as witnesses wherever God leads. By fostering unity, compassion, and active service, the camp showed that God's mission truly knows no boundaries. As the apostle Peter reminds us, "As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God" (1 Peter 4:10, NKJV). May these students continue to faithfully use their gifts, sharing God's light in every place He leads them.

# Kumpulan Umum di Seremban dan Balakong

by **Frendy Rubil,**  
*Seremban & Balakong*

**G**ereja SDA Seremban dan cabang Sekolah Sabatnya iaitu Balakong telah menyahut seruan Harvest (Tuaian) 2025 dengan menganjurkan acara Kumpulan Umum selaras dengan inisiatif penginjilan di Peninsular Malaysia Mission (PEM). Yesus berkata dalam Matius 9:37-38, “Tuaian memang banyak, tetapi pekerja sedikit. Kerana itu mintalah kepada tuan yang empunya tuaian, supaya Ia mengirinkan pekerja-pekerja untuk tuaian itu.” Kata-kata Yesus ini memberikan semangat dan motivasi kepada semua anggota gereja untuk menjadi pekerja-pekerja Tuhan di dalam usaha untuk menuai tuaian di Seremban dan Balakong.

Pada 10-15 November 2025, cabang Sekolah Sabat Balakong telah menganjurkan acara Kumpulan Umum yang bertempat di Balakong. Bertemakan “Aku Mencintaimu,” Pastor Frendy Rubil dan Puan Jasnah Makirim, yang menjadi pembicara utama, telah mengkongsikan Firman Tuhan dan menekankan tentang kasih Tuhan yang begitu besar kepada semua umat-Nya. Kumpulan Umum ini telah disertai sebanyak 40-50 orang pada setiap malam. Perkongsian pelajaran tentang kesihatan juga telah

diselitkan dalam acara Kumpulan Umum ini untuk membantu anggota gereja mempelajari topik-topik yang penting di dalam penjagaan kesihatan.

Gereja Seremban juga menganjurkan acara Kumpulan Umum yang bertarikh 17-21 November 2025. Acara selama 5 hari ini telah diadakan di dewan bangunan Malaysia Union Mission (MAUM). Pastor Jim Gabu, iaitu Pengarah Setiausaha Kependetaan dan Pelayanan Percetakan dari MAUM diundang untuk menjadi pembicara utama dan telah menyampaikan topik-topik pelajaran yang bertemakan “Pesanan Yesus, Aku Menyertai Kamu Sampai Akhir Zaman.” Tema ini mengingatkan semua anggota gereja bahawa walaupun terdapat banyak cabaran yang harus ditempuhi di zaman akhir ini, Yesus tetap ada dan setia untuk berjalan bersama dengan kita di dalam misi kita untuk menjangkau lebih banyak orang untuk Yesus. Sebanyak 30-40 orang telah menghadiri acara Kumpulan Umum ini. Selain perkumpulan secara fizikal di dewan MAUM, acara ini juga telah diadakan dalam talian (online) secara serentak untuk membolehkan anggota gereja yang tinggal berjauhan untuk menyertai kumpulan umum ini.

Acara kemuncak Harvest 2025 di Central Region (Rantau Tengah) PEM telah diadakan pada 22 November 2025 yang bertempat di Wisma MCA, Kuala Lumpur. Dr. Abner Dizon selaku pembicara utama menyampaikan satu pelajaran dan amanat yang begitu penting kepada semua anggota untuk terus percaya dan setia kepada Tuhan di dalam pelayanan misi Tuhan.

Puji Tuhan kerana empat jiwa dari Gereja Seremban telah menerima Yesus sebagai Juruselamat mereka di dalam upacara baptisan yang sangat indah. Keempat-empat jiwa ini akan terus dibimbing di dalam kelas pemuridan agar mereka dapat terus membangun di dalam kehidupan kerohanian mereka dan menjadi murid Yesus yang setia sampai kepada kedatangan Yesus yang kedua kali.

**Melalui pimpinan Tuhan,  
Gereja Seremban dan Balakong  
telah melaksanakan misi Harvest 2025 dengan setia.  
Walaupun menghadapi cabaran,  
Tuhan tetap menyertai, menguatkan,  
dan memberkati usaha ini.**



Pn. Jasnah



Seremban



Pastor Frendy



Balakong

# Alive in Jesus:

## Growing Our Children's Faith, Step by Step

by **Christine Tan**,  
*Children's Ministries*

**A**s I reflect on our children's Sabbath School journey, I am deeply thankful for how GraceLink has shaped the spiritual foundation of many of our children over the years. It has been a familiar and faithful resource in our churches, and its impact is something we honour and appreciate.

At the same time, the church worldwide is moving into a new season with the introduction of the Alive in Jesus Sabbath School curriculum. Following the launch timeline set by the General Conference, the Peninsular Malaysia Mission has prayerfully begun this transition, taking care to move forward step by step, with our children and teachers in mind.

In 2025, we started with Baby Steps and Beginner. These materials serve our youngest children and focus on something very close to my heart — helping

children experience Jesus as loving, gentle, and present in their everyday lives. Through simple Bible stories, songs, and activities, our little ones are learning that they are deeply loved by God.

### From Learning About Jesus to Living with Jesus.

In 2026, we will be introducing the Kindergarten and Primary levels. This allows our children to continue growing within the same discipleship framework as they move into their early school years, without a sudden or overwhelming shift.

What stands out to me about Alive in Jesus is its focus on relationship rather than routine. The curriculum is Bible-centred and intentionally designed to help children know Jesus personally, while also encouraging

faith to be lived out at home through the involvement of parents and caregivers.

I am especially grateful for our Sabbath School teachers. Change is never easy, and learning a new curriculum takes effort, humility, and commitment. Over the past months, various training sessions have been conducted across the regions to support and equip our teachers. These trainings are meant to build confidence, offer practical ideas, and remind our teachers that they are not walking this journey alone.

As we continue this transition from GraceLink to Alive in Jesus, my prayer is simple: that our children will not only learn about Jesus, but truly grow to know Him, trust Him, and love Him. May our Sabbath School classrooms remain safe, joyful spaces where faith is nurtured and hearts are drawn closer to Christ.



37th Indian Churches Camp



The Last Call  
"Before the Clock Stops"

# 37th Indian Churches Camp

Organised by the Banting Seventh-day Adventist Church

May 29-31, 2026

Quest Hotel

MIDPORT · PORT DICKSON



## EARLY BIRD RATE (First 200 participants only) :

Adults : RM 199.00

Children (4-12 years): RM 169.00

## After the first 200 registrations, standard rates apply :

Adults : RM 276.00

Children (4-12 years): RM 246.00

**- Registration closes on 10 April 2026 -**

Register via the link. Full details are provided in the registration form.

## Camp Fees Include :

- ✓ Accommodation (3days & 2nights)
- ✓ Meals (7meals)
- ✓ T-shirt
- ✓ Lanyard
- ✓ Materials
- ✓ Theme Park

Have questions? Call or WhatsApp us:

- 📞 Pr. Stanley Anand 012-555 5086
- 📞 Mr. Jason 019-893 5929

# Saving

by **Chai Mien Seng,**  
*Stewardship Ministries*

Some may ask, “Should Christians save money at all?” In this article we explore the definition of saving, the reason or purpose for savings, the difference between saving and hoarding, how to begin saving, how much savings is enough.

The answer to the first question in this article is yes—when it’s done with discipline and purpose. Savings, however, should never become idols. We are warned not to trust in surplus or to grow complacent in wealth. Instead, saving should be paired with ongoing giving and the willingness to step forward when God’s call comes. There should always be a margin in our lives—not for self-pampering, but for readiness when the Lord moves us to action.

Whether it’s saving for a need in the home or setting aside a fund to support a gospel cause, prudent saving uplifts faith and enables us to stand ready as God’s stewards.

## **Saving as what we call “delayed gratification”**

Most people spend whatever they earn no matter how much it is. Setting some of our income aside for future use is called delayed gratification. We plan to spend the money eventually, but we realize we must limit our current spending so that we will have money to spend in the future.

## **The secret to financial growth and prosperity**

Saving is essential to sound money management. If you fail to save, your budget will fail. It is that simple. Every budget should include savings. In fact, savings are the secret to financial growth and prosperity. If you are going to be financially healthy, you need to treat savings just as essential as food, transportation, housing, or any other item in your budget.

## **Why do we need Savings?**

The reason for this is that in our world, things break, wear out, and stop working. Generally, these things happen unexpectedly—as an emergency—and if there is no money (cash) to replace these essential items, then people resort to the use of credit to take care of the problem. One of the functions of savings is to provide for these “rainy-day” events.

## **Savings vs Hoarding**

We can learn systematic savings from the ants: “Go to the ant, you sluggard! Consider her ways and be wise, which, having no captain, overseer or ruler, provides her supplies in the summer, and gathers her food in the harvest” (Proverbs 6:6-8). The Bible encourages savings but discourages hoarding.

## **What is the difference between Savings and Hoarding?**

Savings is for a specific purpose or goal such as a down payment on a house, purchase of a new car, saving for the children’s education, or investing for retirement. Once you achieve the goal you stop savings.

Hoarding, on the other hand, is saving for security. When security is the object of saving, most folks never feel that they have enough. Hoarding transfers our trust away from God to

our money. We are told, “Hoarded wealth is not merely useless, it is a curse. In this life it is a snare to the soul, drawing the affections away from the heavenly treasure. In the great day of God its witness to unused talents and neglected opportunities will condemn its possessor” (Christ’s Object Lessons, p. 352). The classic example of hoarding in the Bible is the story of the rich fool recorded in Luke 12. “The ground of a certain rich man yielded plentifully. And he thought within himself, saying,

‘What shall I do, since I have no room to store my crops?’ So he said, ‘I will do this: I will pull down my barns and build greater, and there I will store all my crops and my goods. And I will say to my soul, “Soul, you have many goods laid up for many years; take your ease; eat, drink, and be merry.”’ But God said to him, ‘Fool! This night your soul will be required of you; then whose will those things be which you have provided?’ So is he who lays up treasure for himself and is not rich toward God” (vss. 16-21).

So, the difference between saving and hoarding is not the **amount**, but the **attitude** we have toward our savings. Remember, “The love of money, the desire for wealth, is the golden chain that binds them [people] to Satan” (Steps to Christ, p. 44).

**Plan Wisely.  
Give Freely.  
Trust Fully.**

**Not Just Saving—  
Stewarding for God.**

### **Start savings with Small Amount**

Save RM5.00 a day regularly for a month that is RM150.00 and for a year is RM1825.00. Save RM10.00 a day regularly for a month that is RM300.00 and for a year is RM3650.00.

You must begin reinforcing your choice to be a saver. **And do not touch it!** Then, as it is possible, increase the amount. To be a “saver” you must believe that it is the key to your new commitment to faithful finances.

**Advice from Spirit of Prophecy** on purposes of savings “You might today have had a capital of means to use in case of emergency and to aid the cause of God, if you had economized as you should. Every week a portion of your **wages should be reserved and in no case touched** unless suffering actual want, or to render back to the Giver in offerings to God. . . . The means you have earned has not been wisely and economically expended so as to leave a margin should you be sick and your family deprived of the means you bring to sustain them. Your family should have something to rely upon if you should be brought into straitened places” (The Adventist Home, p. 396).

### **How much saving is enough?**

“How much should I have in savings?” or “When does saving become ‘hoarding’?” Most financial professionals suggest a figure of three to six months expenses in savings, although some now are suggesting six to nine months of

expenses, because it is taking longer to find a new job after a layoff has occurred. A minimum of six months living expenses is to be placed in your emergency fund. What about saving for retirement? Many people, particularly as they get older, are afraid that they will not have enough money to last them during their lifetime. They always feel that they must have just a little more in case something unforeseen happens. This fear often prevents them from participating during their lifetime in excellent giving (returning) opportunities. The danger for these people is a tendency to hoard and place faith in their bank accounts rather than in God Himself. To encourage folks to set a limit on their savings and investment portfolios, determine your needs based on an estimate of your expenses during retirement. Then when you have saved enough to meet these needs, stop saving and start sharing and investing in the kingdom of God.

Christian finance counsellor and author Ron Blue stated, “I encourage people to set a finish line. In terms of income and wealth, determine what is the most you need. Determine the maximum. Set a cap. Decide the limit of your lifestyle. It is important to do this in advance, because as our income and wealth increase, we seem to find endless ways to spend or save or invest that money. This pushes the finish line further away. Determining how much is enough to live on is not so much a formula as it is a guard against excess accumulation” (Splitting Heirs, p. 100)



# 不再是 NPC 的人生

刘志鸿,  
居鑫中文堂

大家平安，我是刘志鸿，是一名电竞教练。我的工作几乎每天都要对着电脑打游戏十四个小时。以前的我几乎整天活在虚拟世界里，我觉得人生就像一场游戏，每个人都像 NPC，没有真正的意义。

后来在我爸爸过世的时候，是我人生最难熬的一段时间。那时候，我哥有个基督徒朋友安慰他说：「你爸爸只是睡着了。」我哥哭着跟我说：「我想知道爸爸去了哪里？」我听了其实不太相信，那时我觉得人死了就没了。我也觉得圣经只是基督徒写来安慰自己的书。所以我就决定自己去研究，想要证明圣经是假的。

但没想到我越查越发现不对劲。圣经的预言、历史，还有很多内容，根本不是人能写出来的。我开始相信，也许真的有上帝。

后来我就开始去教会，也听《奇妙真相》的信息。教会的弟兄姐妹也开始帮我查经、鼓励我。慢慢地，我发现自己的生命在改变。从以前那种麻木、冷淡、没目标，变成现在我觉得生活有盼望、有意义。

信主以后，我才发现很多以前我觉得「没关系」的事，在上帝眼中其实是错的。像我们这行业，有时候接单的时候，老板会指定要我去做，但我太忙了就会找别人代打，但是没有通知他。这种事在行业里是很普遍的，大家都觉得无所谓。但信主后我发现，这其实不诚实。我后来去跟老板坦白、道歉。当下我真的很害怕，怕被骂、怕失去客户。可是上帝没有让我失去他们，反而让我得到更多的信任。那一刻我很清楚地知道——只要照着上帝的方式做事，祂会替我负责。

我知道我还很软弱，也还有很多需要改进的地方，但我真的感受到圣灵在改变我。我不再只是为了赚钱、打游戏、过日子而活，我现在知道，我是为上帝而活。

所以今天，我决定受洗。我要告诉大家，我相信耶稣基督是我的救主，我愿意一辈子跟随祂，让祂带领我的人生。

荣耀归给上帝。阿们。



志鸿和家人在教会布道会的合影



志鸿接受受洗

## Healthy Recipe

### Herbal Porridge Healthy Meal



#### Ingredients:

- A** Rice (1½ cup)
- Dried Red Dates (6 pieces)
- Goji Berries (1 teaspoon)
- Chinese Angelica Root (a few)
- Chinese Angelica Root Head (a few)
- Codonopsis pilosula (a few)
- Polygonatum odoratum (4 pieces)
- Salt (1 teaspoon)

#### Method:

- 1** Soak rice for 2h then place in a pot and add water using a proportion of 1:6.
- 2** Add in all the herbs.  
*(Soak the herbs overnight to increase their fragrance.)*
- 3** Bring to a boil with high heat, then simmer under low heat for about 30 minutes.  
Season with salt and ready to serve.

#### Nutritional Fact

Herbal porridge is often considered a healthy option because support digestion, provide gentle, sustained energy and help improve overall wellness.

Herbal porridge is generally a high-fiber, moderate-carb, and nourishing meal with added herbal benefits.

Recipe courtesy of:  
Aeon Health Care

# 【回首25, 为爱发光】

## 关丹基督复临安息日会中文堂 25周年慈善诗歌布道午宴圆满举行

吴开兴,  
关丹中文堂



剪彩仪式

关丹基督复临安息日会中文堂于2025年10月20日（星期一）举办《回首25, 为爱发光》——25周年慈善诗歌布道午宴, 吸引逾330位嘉宾出席, 共同见证上帝恩典与教会成长的美好时刻。

出席嘉宾包括马来西亚半岛区会财政刘凯文弟兄、半岛区会社区服务部梁建成牧师、州议员沈春祥的代表黄志强牧师与陈俊广的代表李政忠先生、企业家拿督刘春、拿督陶启联、黄璿翰爵士、黄益兴博士、合心同善社区关怀主席陈玉娟, 以及316音乐事工创办人林合安弟兄。中国报与星洲日报记者亦亲临现场采访报道。

原定筹款目标为20桌, 但是在上帝恩典的祝福之下, 最终共有33桌参与。慈善午宴净筹得约RM30,000, 顺利达成预期目标。筹委会主席表示: “感谢上帝的带领, 让我们顺利完成任务, 这一切荣耀都归给主。”

节目内容丰富, 包括剪彩仪式, 来自新加坡的316音乐事工诗歌敬拜、本堂的诗班合唱的恩典之光、个人生命见证分享、教会事工与三育幼儿班介绍等。感人的诗歌与见证触动众人心灵, 多位来宾与牧者在会后纷纷表示深受感动, 并希望未来能在他们的教会延续类似的布道事工。

筹委会主席特别感谢堂主任叶少文牧师在筹备过程中的全力信任、祷告与属灵带领, 使团队得以同心合一, 见证上帝奇妙的作为。虽然活动在流程与餐饮方面仍有可改进之处, 但这一切都是成长路上的宝贵学习。

此次活动的成功, 离不开筹委会成员的同心协力与默默付出。筹委会成员名单如下:

吴开兴（主席）、徐雪琴（副主席）、叶少文牧师与梁建成牧师（顾问）、黄显婷（财政）、徐雪芬（票务）、吴纪龙（秘书）、洪美琼（布置与礼品）、张俊星（招待）、黄诗云（视频）、梁义圣（拍照）及前锋会同工兄弟姐妹。

虽然周年午宴已圆满结束, 但教会的宣教脚步不会止步。教会将于11月16日在关丹宝康中心举办健康讲座会, 继续关怀社区, 推广“有健康, 才有一切”的理念。

“上帝能照着运行在我们心里的大力, 充充足足地成就一切, 超过我们所求所想。”——以弗所书 3:20  
愿一切荣耀归于上帝。



每一晚都有诗歌班特别的献唱



316音乐事工诗歌敬拜



诗歌班



全体合影

# 艺术与赞美的交响

颜启美,  
双溪大年方舟中文堂

2025年是本堂恩典满溢、硕果累累的一年。这一年，我们先后举办了两场假期生活营，并由此深耕开启了Busy Bee历险队、补习班、儿童诗歌班及画画班的后续工作。孩子们反响热烈，报名人数远超预期，呈现出一派趋之若鹜的盛况。

笔尖下的奇迹：打破传统的艺术宣教

在圣灵的感动下，吴丽丽姐妹开办了公益画画班。这并非普通的兴趣班，其教学品质之高、作品之精美，令人叹为观止。

我们坚持以“小班制、短周期、低收费或免费”的原则。从生活营的40位学员中，我们只招收20位进入历险队，再由10位成员组成画画精锐

班。这种模式虽导致名额供不应求，但也确保了每位孩子都能获得最细腻的指导。即便席位已满，家长们仍愿跨越三个月的预约守候，只为给孩子预留一个更好的未来。

跳出传统框框

或许有人担心周六的活动会抵触安息日的传统。然而，我们采取的是“以画传道”的模式。每堂课以圣经故事开篇，将真理融入色彩，让孩子们在认识色彩搭配的同时，也将信仰深植心中。这种潜移默化的教导，得到了家长的极高评价。

人生的第一场画展

2025年12月27日，画画班的孩子们迎来了人生中的首场画展。当家长与

亲友步入展厅，迎接他们的是一场视觉盛宴。来宾们对孩子们的画作赞不绝口，甚至有来宾表达了想购买的意向。

最令人动容的是他们最后一幅作品。那是孩子们在吴丽丽老师的协助下，完全根据孩子们内心构思而成的结晶。画笔成为了他们的语言，让我们窥见每个孩子的内心世界——有童真的渴望，也有小小的遗憾。在这九堂课的相处中，我们不仅教画，更在教人。藉着艺术的桥梁，将上帝的福音精准地播撒在孩子们的心田。

更奇妙的是，上帝在316音乐共享会与画展的筹划中亲自掌权。当316新专辑宣传片发布时，其创意竟与我们的儿童画展不谋而合。这份不可



后二排右一：吴丽丽老师和同学们合照

思议的默契令我们深感震撼。由衷感谢上帝，仿佛316的诗歌正是为我们这场布道事工而预备的。

灵里的歌颂：儿童诗歌班与316音乐共享会的共鸣

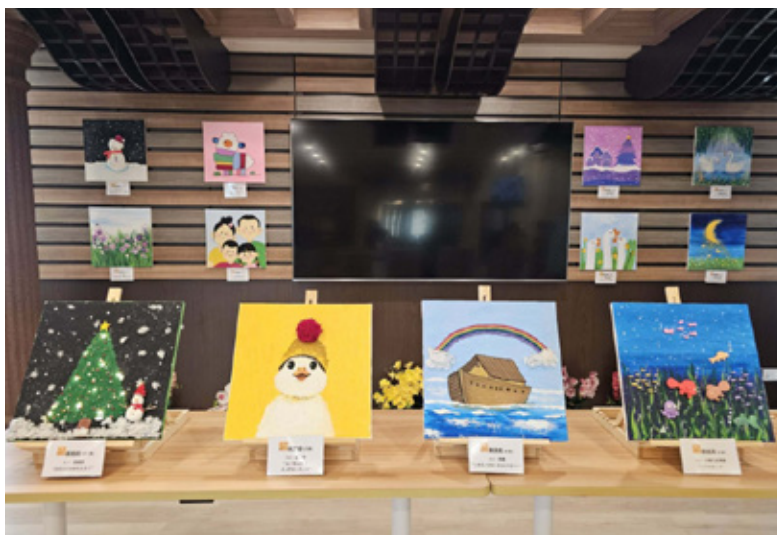
儿童诗歌班作为另一项重要的后续工作，共有17位小朋友参与。经过六周的加紧排练，孩子们除了在画展当晚脱颖而出，也与316诗歌小组同台献唱。

当晚约有150位家长与信徒齐聚一堂。画展的余韵尚在，紧接着又是316最新专辑的诗歌分享会。悠扬的歌声中，画作的静态美与诗歌的动态美交相辉映，为2025年的教会事工画上了一个完美的句点。

### 结语

回望过去，感恩上帝在2025年与我们一路同行。愿我们的教会继续作双溪大年的“光与盐”，照亮社区，温暖人心。

愿一切荣耀全归我们在天上的父！



画展



以画传道



316成员与本堂儿童诗歌班合照

# 在经历神中重新出发

颜启美,  
双溪大年方舟中文堂

好的开始是成功的一半。这篇报道记录了2026年伊始，本堂教友们于金马伦高原 Methodist Centennial Chefoo Center 共度属灵盛宴的“充电期”。在翠微环绕，寒襟沁爽16度清新的空气和温馨的团契中，我们不仅填饱了肚子，更喂饱了灵命，为新一年的圣工做好了准备，砥砺前行。

经历上帝——生命翻转的五大关键：

## 1. 经历上帝：把上帝放在第一位

黄达颖牧师从四岁死里逃生，直到神迹般获得赴美深造的学费，过后再远赴柬埔寨开办学堂，每一脚印都是经历上帝的明证。

• 心得：苦难往往是恩典的“包装纸”。当我们面对学业或生活的低谷时，若能毅然顺服并将上帝放在首位，祂必在旷野开道路。今日的生命收割，皆源于往昔不畏艰辛的顺服。

## 2. 认识上帝：在公义中体悟永恒之爱

许多人误解旧约的上帝过于严厉，但《约一4:8》提醒我们：上帝的本体就是“爱”。祂的爱非浅尝辄止，乃是像《耶31:3》所言的万古长青。

• 心得：旧约的公义并非残暴，而是苦口婆心的警示。上帝不忍见我们走向灭亡，祂对个体的爱深切如母亲生产时的牵肠挂肚。面对这份愿为一人牺牲宇宙的爱，我们唯一的回应是“以爱还爱”。

## 3. 操练上帝的话：活出“皂荚木”的生命

平凡的皂荚木因被上帝选用而成为约柜。我们亦如一棵树，应按时结果（诗1:3），承担五大使命：遮阴、助人、传暖、医治伤心者，并成为贵重的器皿。

• 心得：灵命的成长需要对圣经有“饥饿狮子般的咆哮（研读）”。我们必须刻意挪开世俗的干扰，为上帝的话语腾出空间。若不渴慕真理，灵命必将枯干。



李丽诗师母，黄达颖牧师和黄马强长老赠送感谢礼物



左起执事温逸秋，何金諝和林秉强按手祝福礼



谦卑洗脚礼

#### 4. 活出八福：作盐&光的言行合一

(太 5-7；诗 22-24；启 12-14)

八福不仅是理论，更是天国子民的“说明书”。其核心在于：盐要低调调和，光要高调照亮。

• 心得：基督徒的根基必须立于磐石。未来的风雨考验的是我们是否言行一致。唯有在每日微小的顺服中磨砺，拒绝沙土上的“安舒区”，才能在急风暴雨中稳如泰山，最终与主同席。

#### 5. 连接上帝的 WiFi：建立祷告的习惯

李丽诗师母以“WiFi”喻祷告：上帝的信号（应许）永不离线，但我们需要输入“顺服”的密码。怀疑、忙碌、面子和自给自足是常见的“信号干扰”。

• 心得：改变非源于空谈，乃始于刻骨铭心的经验。大脑不靠知识填充，而靠行为重塑。我们必须进行“刻意练习”，平时就养成祷告与放手的习惯，莫等大难临头才急忙寻找“插头”。若无敬虔之行，信心实为枯骨。

总结感悟：我们不需要做惊天动地的大事，只要在每天的小事上顺服：读该读的经，做该做的祷告。你负责顺服，上帝负责神迹！

愿我们带着这份饱足，于 2026 岁首，既饱餐灵粮，复躬行实践，再到放手与顺服间，共同谱写经历上帝的大美篇章。愿荣耀归于上帝！

强力推荐生活营会地点：

METHODIST CENTENNIAL CHEFOO CENTRE

Address: Jalan Sultan Abu Bakar, 39100 Brinchang, Cameron Highlands, Pahang Darul Makmur.

Tel. No. +605-4911673



大合照

# Book Promotion

## Healthy Mind

*Price: RM 140.00*

**Author: Dr. Julián Melgosa**

**Product from: SAFELIZ Publishing House**

**Cover: hard cover and colourful.**

Our mind greatly influences our physical, emotional, and spiritual wellbeing. Many today struggle with stress, anxiety, and depression, yet are not equipped with proper tools to manage them wisely and healthfully.

In *Healthy Mind*, Dr. Julián Melgosa explains what depression is and presents practical prevention strategies supported by research and wholesome lifestyle principles. The book offers clear guidance on understanding symptoms, applying simple treatments, and developing habits that strengthen emotional stability. It is a helpful resource for families and church members seeking balanced mental health in harmony with Christian values.



## Messages to Young People

*Price: RM 65.00*

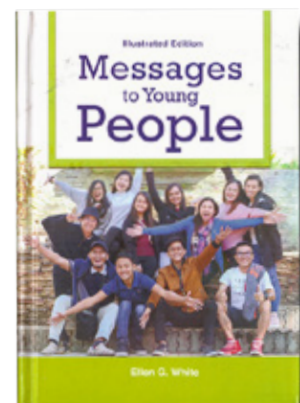
**Author: Ellen G. White**

**Product from: Philippine Publishing House**

**Cover: hard cover and colourful.**

*Messages to Young People* provides inspired counsel for youth living in today's challenging world. Ellen G. White addresses practical topics such as character development, education, relationships, dress, music, and personal devotion.

This book encourages young people to build strong moral principles, exercise self-control, and maintain a close relationship with Christ. It is a valuable guide to help youth prepare for service now and for Christ's soon return.



## UPCOMING EVENTS

# 2026 April

<b>04</b>	Admin	Quarterly Day of Prayer	PEM
<b>10-11</b>	Stewardship	Stewardship workshop (Southern Region)	Southern
<b>11-17</b>	Publishing	LE Rally Week, PEM Big Week (World Impact Day)	PEM
<b>18-19</b>	SS	SS Teacher Training & Certification (IICD)	Online
<b>24-25</b>	CHM	Leadership Certification - Level 3	Online

# 2026 May

<b>02-30</b>	Health	Drug Awareness Month	PEM
<b>03-10</b>	Publishing	Big Week	PEM
<b>15-17</b>	Health	Health Advisory	PEM
<b>16</b>	Youth	World Adventurer Day	PEM
<b>16</b>	AMR	AMR Training - Central	Central
<b>23</b>	CHM	World Day of Prayer for Children at Risk	PEM
<b>23</b>	Ministerial	Elders, Deacons & Deaconesses Certification-Central	Central
<b>30</b>	Ministerial	Elders, Deacons & Deaconesses Certification-Southern	Southern
<b>29-01Jun</b>	Admin	Malaysia-Singapore Chinese Youth Congress (MSCYC) 2026	Singapore
<b>31-05Jun</b>	Publishing	Student LE	PEM

# 2026 June

<b>06</b>	Ministerial	Elders, Deacons & Deaconesses Certification-Northern	Northern
<b>08</b>	CHM	Online Creative Teaching	Online
<b>15</b>	CHM	Online Creative Teaching	Online
<b>19</b>	WM	"Heart Talk" Support Circle	Online
<b>19-20</b>	Stewardship	Stewardship Workshop	PEM
<b>19-22</b>	HM	Culinary Medicine Worship	MAUM
<b>22</b>	CHM	Online Creative Workshop	Online
<b>26-27</b>	WM	Leadership Certification- Level 1 - Chinese (Pt2)	Online
<b>28</b>	SOP	SOP Online Quiz	Online
<b>29</b>	CHM	Online Creative Teaching	Online

## NOTICE FROM PEM

# Appreciation

God's blessings upon Brother ***Cheong Kok Leong*** who has decided to fully retire. We thank him for his services with Peninsular Malaysia Mission as church pastor from 16 March 2017 to 31 December 2025.

God's blessings upon Sister ***Jasnah Makirim*** who has been appointed Publishing Ministries Department Director of Sabah Mission. We thank her for her services with Peninsular Malaysia Mission in the same capacity since 01 November 2017 till 15 January 2026.

God's blessings upon Pastor ***Tan Meng Cheng*** who has been appointed Ministerial Association Secretary and Stewardship Ministries Director of the Malaysia Union Mission. We thank him for his services with Peninsular Malaysia Mission 16 June 2001 till 31 January 2026, starting off as an intern pastor, church pastor, Ministerial Secretary, Executive Secretary and President.

God's blessings upon Pastor ***Chai Mien Seng*** who has been called to serve as a local church pastor of Sarawak Mission. We thank him for his services with Peninsular Malaysia Mission since 01 April 2005 till 31 January 2026, during which he served as church pastor and Stewardship Ministries Department Director.

## NOTICE FROM PEM

# Welcome

We welcome Brother **Lorence Abusang** as he joins the Peninsular Malaysia Mission effective 01 March 2026.

We welcome Brother **Steven Prakash** as he joins the Peninsular Malaysia Mission as Bible Instructor effective 01 April 2026.

# Pastor Assignment

Pastor **Daniel Devadanam** has been assigned as church pastor of Kuala Selangor and Puchong Indian effective 01 January 2026.

Brother **Wallace Tan** has been assigned as the Bible Instructor of Melaka and Muar effective 01 January 2026.

Pastor **Caleb Wee** has been assigned as church pastor of Penang Chinese and Bukit Mertajam effective 01 March 2026.

Brother **Gan Hee Jeng** has been assigned as Bible Instructor of Puchong Chinese effective 01 March 2026.

Pastor **Tan Weoi Siong** been assigned as church pastor of Petaling Jaya English effective 01 March 2026.

Pastor **Petrik Andrews** has been assigned as church pastor of Lighthouse effective 15 March 2026 and continues to pastor Nibong Tebal.

# AOY SALT

ARMY  
OF  
YOUTH

SOUL WINNING  
AND  
LEADERSHIP  
TRAINING

## CURRICULUM

- Steps to Christ
- Conversion
- Fundamentals
- Evangelism
- How to Study the Bible
- Leadership
- Speech & Homiletics
- Canvassing Week
- Spiritual Warfare
- Sanctuary
- Daniel
- Revelation
- Health



**Class 2026**  
2<sup>nd</sup> March ~ 18<sup>th</sup> July

### About Us

AOY SALT is a 5 months bible training school based in Kuala Lumpur, Malaysia. AOY SALT covers many popular topics that are needful for our last days. This school started up in 2014 and is now yearly class, filling up quickly each year. New subjects are added each year. The classes are taught in modules to allow people to attend any specific if they want.

### Venue

 Serdang Adventist Hope Center

### Contact Us

 [salt@aoyweb.org](mailto:salt@aoyweb.org)

 [www.aoyweb.org/salt.html](http://www.aoyweb.org/salt.html)



# Be Thankful

## Hide it in your heart

Be thankful in all circumstances. 1 Thess. 5:18, NIV.

### Talk about it:

When do you most want to say thank you to God?  
In what circumstances is it hard for you to be thankful? What does it feel like when people don't thank you? How can we be more thankful to God? How can we thank each other more often?

## Tough stuff

Think about a difficult situation in your life right now. Find at least one positive thing in the situation and thank God for it.

## Plate pictures

Arrange some of the food on your plate to make something you want to thank God for. Can the other people around the table guess what you made? Or cut/tear a shape out of a piece of paper and ask everyone to guess what you're thankful for.

## Echo psalm

Read Psalm 136:1-9. Ask one person to read out the first part of each phrase, and the rest of the family to respond by saying: 'His love endures forever'. Make up your own psalm of gratitude. Take it in turns to tell God something you are thankful for, followed by the rest of the family saying: 'His love endures forever'.

## Gratitude Alphabet

Think of at least 5 things you can thank God for beginning with each letter of the alphabet.

## Put into action

Thank each person at the table for one thing they have done to help you or to make you happy in the last few days.

## Roll your thanks!

Find a dice. Take it in turns to roll the dice and thank God for something:

- 1 – Thank God for something good that happened today.
- 2 – Thank God for one of His amazing creations that you saw today.
- 3 – Thank God for a person who helped you today.
- 4 – Thank God for something you learned today.
- 5 – Thank God for something you ate today.
- 6 – Thank God for something you have never thanked Him for before.

## Grateful in the Bible

Think of some Bible stories where people said: 'thank you'. Which is your favourite?

## After the meal

Make a thank you card. Write a thank you note inside and give it to someone special!

# BANGKOK

THAILAND

## SSP-wide Young Professionals Summit

Contact your Youth Directors  
for more details

**July 24-27, 2026**

*"Do you see someone skilled in their work?"*

*They will serve before kings..."*

*Proverbs 22:29*



Tinjauan dan Kajian Pelayanan  
Belia dan Dewasa Muda



青少年及青年事工调查与研究 (中  
文)



Youth and Young Adult Ministries  
Survey and Research (English)





Seventh-day  
Adventist Church  
*Southern Asia-Pacific*

# reaps

2026-2030

## MISSION reach26

We're going beyond borders to bring Christ's love to people who've never heard His name.  
ACTS 1:8

## MISSION expand ONEVOICE27

MISSION FOR ALL

We're growing our impact through church planting, media ministry, education, and health outreach  
ISAIAH 54:2

## MISSION advance28

We're stepping out with boldness and creativity into hard-to-reach places.  
EXODUS 14:15

## MISSION proclaim29

We share Jesus boldly and clearly, anytime, anywhere.  
2 TIMOTHY 4:2

## MISSION seek save disciple 30

We're here to follow His lead by making disciples who will make more  
LUKE 19:10

R  
E  
A  
P  
S

