

vision89



UNITY THROUGH THE HOLY SPIRIT

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

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VISION

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UNITY THROUGH THE HOLY SPIRIT

Dennis Ng,

President, Peninsular Malaysia Mission

John describes Jesus' desire for His disciples as follows: "That they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me."¹

In his book "The Home We Build Together," Rabbi Jonathan Sacks noted that the Genesis creation account spans only thirty-four verses. Yet in Exodus, one event takes up one-third of the book: the instructions for building the tabernacle. Why?

He ventured to offer his suggestion: "The answer, it seems to me, is profound. First, recall the history of the Israelites until now. It has been a long series of complaints... After crossing the sea, they continued to complain... If an unprecedented sequence of miracles cannot bring about a mature response on the part of the people, what will?"²

He continued, "It is then that God said: Let them build something together. This simple command transformed the Israelites. During the whole construction of the tabernacle, there were no complaints... So long as every crisis was dealt with by Moses and miracles, the Israelites remained in a state of dependency. Their default response was complaint. For them to grow to adulthood and responsibility, there had to be a transition from passive recipients of God's blessings to active creators...."³

Likewise, the best news for our Peninsular Malaysia Mission is when we can all unite to build up God's kingdom together, regardless of our race, culture, or background. When we come together and work unitedly, then, "By this, everyone will know that you are My disciples, if you love one another."⁴

In that same book, Rabbi Sacks goes on to urge that "our society should not be seen as a 'hotel' of transient guests or a melting pot, but as a welcoming home built collectively, where each group contributes its identity to create a better future."⁵

I don't subscribe to every detail of the author's thesis. But I would adopt the contextualized version of the quote above as follows: "Let us not see the Church merely as a 'hotel' where we are guests passing through, nor as a melting pot where every pagan cultural practice is Christianized to be accommodated in the Church, but instead, think of the Church as a warm and welcoming home, lovingly built by all of us, where each race and culture brings its own identity to help proclaim the gospel."

As we celebrate our wonderful diversity within PEM and retain our race, culture, and identity, be mindful that our baptism introduces us to the Christian culture, which transcends boundaries. In the Seventh-day Adventist theology, God's law is absolute, eternal, and universal, rooted in His unchanging love. These moral standards transcend human cultures, borders, and times.⁶

In the Peninsular Malaysia Mission, we must unite without asking what each language group stands to gain, who is superior, or who can contribute more. Instead, we emphasize equality and our mutual commitments. As we deny ourselves, take up our cross daily, follow Him, and cease fighting for our rights, surrendering them as born-again Christians do to be filled by the Holy Spirit, our Mission will experience the Acts 2 Pentecostal power needed to finish the work God has given us.

"With one accord they all continued in prayer... When the day of Pentecost came, they were all together in one place. Suddenly, a sound like a mighty rushing wind came from heaven and filled the whole house... And they were all filled with the Holy Spirit...."⁷

¹ John 17:21 NKJV

² https://www.chabad.org/parshah/article_cdo/aid/2473955/jewish/The-Home-We-Build-Together.htm

³ *ibid*

⁴ John 13:35 BSB

⁵ https://www.sefaria.org/The_Home_We_Build_Together;_Recreating_Society?tab=contents

⁶ <https://www.ministrymagazine.org/archive/1998/03/behind-mission-compound-walls>

⁷ Acts 1:14; 2:1-4 BSB

KESATUAN MELALUI ROH KUDUS

Dennis Ng,

President, Peninsular Malaysia Mission

Yohanes menggambarkan kerinduan Yesus terhadap murid-murid-Nya seperti berikut:

“supaya mereka semua menjadi satu, sama seperti Engkau, ya Bapa, di dalam Aku dan Aku di dalam Engkau, agar mereka juga di dalam Kita, supaya dunia percaya, bahawa Engkaulah yang telah mengutus Aku.” (Yohanes 17:21)¹

Dalam bukunya “The Home We Build Together”, Rabbi Jonathan Sacks menyatakan bahawa kisah penciptaan dalam buku Kejadian hanya merangkumi tiga puluh empat ayat. Namun, dalam buku Keluaran, satu peristiwa sahaja memenuhi hampir satu pertiga daripada keseluruhan buku itu, iaitu arahan mengenai pembinaan khemah suci. Mengapa?

Beliau mengemukakan pandangannya: “Jawapannya, pada hemat saya, sangat mendalam. Ingatlah sejarah bangsa Israel sehingga saat itu. Sememangnya satu rangkaian panjang rungtan... Selepas menyeberangi laut, mereka terus bersungut-sungut... Jika satu siri mukjizat yang luar biasa pun gagal membentuk respons yang matang dalam bangsa itu, apakah yang akan berjaya?”²

Beliau bersambung: “Pada ketika itulah Tuhan berfirman: Biarlah mereka membina sesuatu bersama-sama. Perintah yang ringkas ini telah mengubah bangsa Israel. Sepanjang pembinaan khemah suci, tidak kedengaran lagi rungtan... Selagi setiap krisis diselesaikan oleh Musa dan melalui mukjizat, bangsa Israel terus berada dalam keadaan kebergantungan. Reaksi biasa mereka ialah bersungut-sungut. Untuk mereka bertumbuh menjadi dewasa dan bertanggungjawab, perlu ada peralihan daripada hanya menerima berkat Tuhan secara pasif kepada menjadi pencipta dan pembina yang aktif...”³

Demikian juga, berita yang paling menggembirakan bagi Misi Semenanjung Malaysia adalah apabila kita semua dapat bersatu untuk membangunkan kerajaan Tuhan bersama-sama, tanpa mengira bangsa, budaya, atau latar belakang. Apabila kita bersatu hati dan bekerjasama, maka, “Dengan demikian semua orang akan tahu bahawa kamu ialah murid-murid-Ku, iaitu jika kamu saling mengasihi.” (Yohanes 13:35)⁴

Dalam buku yang sama, Rabbi Sacks turut menggesa supaya “masyarakat kita tidak dilihat sebagai sebuah ‘hotel’ yang menempatkan tetamu sementara atau sebagai wadah tumpuan, tetapi sebagai sebuah rumah yang mesra dan dibina bersama, di mana setiap kelompok menyumbangkan identiti mereka untuk membentuk masa depan yang lebih baik.”⁵

Saya tidak semestinya bersetuju dengan setiap perincian hujah penulis tersebut. Namun, saya percaya petikan di atas boleh

disesuaikan dengan konteks gereja kita seperti berikut:

“Marilah kita tidak melihat Gereja sekadar sebuah ‘hotel’, tempat kita menumpang sementara, ataupun sebagai wadah tumpuan di mana setiap amalan budaya kafir diubah suai menjadi Kristian semata-mata untuk diterima dalam Gereja. Sebaliknya, marilah kita melihat Gereja sebagai sebuah rumah yang mesra dan penuh kasih, dibina bersama oleh kita semua, di mana setiap bangsa dan budaya membawa identiti masing-masing untuk bersama-sama memberitakan Injil.”

Ketika kita meraikan kepelbagaian yang indah dalam PEM serta terus mengekalkan bangsa, budaya, dan identiti kita, ingatlah bahawa melalui pembaptisan, kita diperkenalkan kepada budaya Kristian yang melampaui segala sempadan. Dalam teologi Gereja Masehi Advent Hari Ketujuh, hukum Tuhan adalah mutlak, kekal, dan sejagat, berasaskan kasih-Nya yang tidak berubah. Standard moral ini melampaui segala budaya manusia, sempadan negara, dan peredaran zaman.⁶

Di PEM, kita perlu bersatu tanpa bertanya kumpulan bahasa manakah yang akan memperoleh lebih banyak manfaat, siapa yang lebih unggul, atau siapa yang mampu menyumbang lebih banyak. Sebaliknya, kita menekankan kesaksamaan dan komitmen bersama. Apabila kita menyangkal diri, memikul salib setiap hari, mengikut Kristus (Lukas 9:23), dan berhenti memperjuangkan hak-hak kita sendiri, sebaliknya menyerahkannya sepertimana orang Kristian yang telah dilahirkan semula, supaya dipenuhi oleh Roh Kudus, maka PEM akan mengalami kuasa Pentakosta seperti yang dicatatkan dalam Kisah Para Rasul 2, yang diperlukan untuk menyempurnakan pekerjaan yang telah Tuhan amanahkan kepada kita.

“Mereka semua bertekun dengan sehati dalam doa bersama-sama... Ketika tiba hari Pentakosta, semua orang percaya berkumpul di satu tempat. Tiba-tiba turunlah dari langit suatu bunyi seperti tiupan angin keras yang memenuhi seluruh rumah... Maka penuhlah mereka dengan Roh Kudus...” (Kisah Para Rasul 1:14; 2:1-4)⁷

¹ John 17:21 NKJV

² https://www.chabad.org/parshah/article_cdo/aid/2473955/jewish/The-Home-We-Build-Together.htm

³ *ibid*

⁴ John 13:35 BSB

⁵ https://www.sefaria.org/The_Home_We_Build_Together;_Recreating_Society?tab=contents

⁶ <https://www.ministrymagazine.org/archive/1998/03/behind-mission-compound-walls>

⁷ Acts 1:14; 2:1-4 BSB

பரிசுத்த ஆவியின் மூலமான ஒற்றுமை

Dennis Ng,
தலைவர் தீபகர்ப மலேசியா மிஷன்

யோவான், இயேசு தம் சீடர்களிடம் கொண்டிருந்த விருப்பத்தைப் பின்வருமாறு விவரிக்கிறார்: “பிதாவே, நீர் என்னிலும், நான் உம்மிலும் இருப்பதுபோல, அவர்களும் எல்லாரும் ஒன்றாயிருக்க வேண்டும்; அவர்களும் நம்மில் ஒன்றாயிருக்க வேண்டும், அப்பொழுது நீர் என்னை அனுப்பினீர் என்று உலகம் விசுவாசிக்கும்.”¹

“நாம் இணைந்து கட்டும் இல்லம்” என்ற தனது புத்தகத்தில், ரபி ஜொனாதன் சாக்ஸ், ஆதியாகமத்தின் படைப்புக் கணக்கு வெறும் முப்பத்தி நான்கு வசனங்களை மட்டுமே கொண்டுள்ளது என்று குறிப்பிட்டார். ஆயினும், யாத்திராகமத்தில், ஆசிரிப்புக் கூடாரத்தைக் கட்டுவதற்கான வழிமுறைகள் அடங்கிய ஒரு நிகழ்வு, அந்தப் புத்தகத்தின் மூன்றில் ஒரு பகுதியை எடுத்துக்கொள்கிறது. ஏன்?

அவர் தனது ஆலோசனையை முன்வைக்கத் துணிந்தார். “இதற்கான பதில், என் பார்வையில், மிகவும் ஆழமானது. முதலாவதாக, இதுவரையிலான இஸ்ரவேலர்களின் வரலாற்றை நினைவுகூருங்கள். அது நீண்ட காலமாகப் புகார்களின் தொடராகவே இருந்து வந்துள்ளது... கடலைக் கடந்த பிறகும், அவர்கள் தொடர்ந்து புகார் செய்துகொண்டே இருந்தார்கள்... முன்னெப்போதும் இல்லாத தொடர்ச்சியான அற்புதங்களே மக்களிடமிருந்து ஒரு முதிர்ச்சியான பிரதிபலிப்பைக் கொண்டுவர முடியாவிட்டால், வேறு எதுதான் கொண்டுவரும்?”²

அவர் தொடர்ந்தார், “அப்பொழுதுதான் தேவன், ‘அவர்கள் கூடிவந்து எதையாவது கட்டட்டும்’ என்று சொன்னார். இந்த எளிய கட்டளை இஸ்ரவேலர்களை உருமாற்றியது. ஆசிரிப்புக் கூடாரம் கட்டப்பட்ட காலம் முழுவதும் எந்தப் புகாரும் எழவில்லை... ஒவ்வொரு நெருக்கடியும் மோசேயாலும் அற்புதங்களாலும் கையாளப்பட்ட வரை, இஸ்ரவேலர்கள் சார்பு நிலையில் இருந்தனர். புகார் செய்வதே அவர்களின் இயல்பான எதிர்வினையாக இருந்தது. அவர்கள் முதிர்ச்சியடைந்து பொறுப்புள்ளவர்களாக வளர, தேவனுடைய ஆசீர்வாதங்களை செயலற்ற முறையில் பெறுபவர்கள் என்ற நிலையிலிருந்து, செயலில் ஈடுபடும் படைப்பாளர்களாக ஒரு மாற்றம் நிகழ வேண்டியிருந்தது...”³

அதுபோலவே, நமது இனம், கலாச்சாரம் அல்லது பின்னணி பேதமின்றி, நாம் அனைவரும் ஒன்றிணைந்து தேவனுடைய ராஜ்யத்தைக் கட்டியெழுப்பும்போதுதான், நமது தீபகர்ப மலேசிய ஊழியத்திற்கு மிகச் சிறந்த நற்செய்தி அமைகிறது. நாம் ஒன்றாகக் கூடி, ஒற்றுமையாகச் செயல்படும்போது, “நீங்கள் ஒருவரையொருவர் நேசித்தால், நீங்கள் என் சீடர்கள் என்பதை அனைவரும் அறிவார்கள்.”⁴

அதே புத்தகத்தில், ரபி சாக்ஸ் மேலும் வலியுறுத்துவதாவது, “நமது சமூகம், தற்காலிக விருந்தினர்களுக்கான ஒரு ‘விடுதியாக’ அல்லது பல்வேறு இனக்குழுக்கள் சங்கமிக்கும் ஒரு இடமாகப்

பார்க்கப்படக்கூடாது; மாறாக, அது கூட்டாகக் கட்டப்பட்ட ஓர் வரவேற்கும் இல்லமாகப் பார்க்கப்பட வேண்டும். அங்கு ஒவ்வொரு குழுவும் ஒரு சிறந்த எதிர்காலத்தை உருவாக்கத் தனது தனித்துவத்தைப் பங்களிக்க வேண்டும்.”⁵

ஆசிரியரின் ஆய்வுக் கட்டுரையின் ஒவ்வொரு விவரத்தையும் நான் முழுமையாக ஏற்கவில்லை. ஆனால், மேற்கண்ட மேற்கோளின் குழுவுக்கு ஏற்ற வடிவத்தை நான் பின்வருமாறு ஏற்றுக்கொள்வேன்: “திருச்சபையை, நாம் கட்டுவதெல்லாம் விருந்தினர்களாக இருக்கும் ஒரு ‘விடுதி’யாகவோ, அல்லது ஒவ்வொரு புறச்சமய கலாச்சாரப் பழக்கமும் திருச்சபையில் இடமளிக்கப்படுவதற்காக கிறிஸ்தவமயமாக்கப்படும் ஒரு கலவையாகவோ வெறுமனே பார்க்க வேண்டாம்; மாறாக, திருச்சபையை ஒரு

நம் அனைவராலும் அன்புடன் கட்டப்பட்ட, அரவணைப்பும் வரவேற்பும் நிறைந்த இல்லம்; இங்கு ஒவ்வொரு இனமும் கலாச்சாரமும் தத்தமது தனித்துவத்தைக் கொண்டு நற்செய்தியைப் பிரகடனப்படுத்த உதவுகின்றன.

PEM-க்குள் நமது அற்புதமான பன்முகத்தன்மையைக் கொண்டாடி, நமது இனம், கலாச்சாரம் மற்றும் அடையாளத்தைப் பேணிப் பாதுகாக்கும் அதே வேளையில், நமது திருமுழுக்கு எல்லைகளைக் கடந்த கிறிஸ்தவ கலாச்சாரத்திற்கு நம்மை அறிமுகப்படுத்துகிறது என்பதை நினைவில் கொள்ளுங்கள். செவன்த்-டே அட்வென்டிஸ்ட் இறையியலில், கடவுளின் சட்டம் முழுமையானது, நித்தியமானது மற்றும் உலகளாவியது; அது அவருடைய மாறாத அன்பில் வேரூன்றியுள்ளது. இந்த தார்மீக நெறிமுறைகள் மனித கலாச்சாரங்கள், எல்லைகள் மற்றும் காலங்களைக் கடந்து நிற்கின்றன.”⁶

தீபகர்ப மலேசிய ஊழியத்தில், ஒவ்வொரு மொழிக்குழுவும் எதைப் பெறும், யார் உயர்ந்தவர், அல்லது யார் அதிகம் பங்களிக்க முடியும் என்று கேட்காமல் நாம் ஒன்றுபட வேண்டும். மாறாக, நாம் சமத்துவத்தையும் நமது பரஸ்பர அர்ப்பணிப்புகளையும் வலியுறுத்துகிறோம். நாம் நம்மைத் துறந்து, அனுதினமும் நமது சிலுவையைச் சுமந்து, அவரைப் பின்பற்றி, நமது உரிமைகளுக்காகப் போராடுவதை நிறுத்தி, பரிசுத்த ஆவியால் நிரப்பப்படுவதற்காக மறுபிறப்பு பெற்ற கிறிஸ்தவர்களைப் போல அவற்றை அர்ப்பணிக்கும்போது, தேவன் நமக்குக் கொடுத்த வேலையை முடிப்பதற்குத் தேவையான அப்போஸ்தலர் 2-ஆம் அதிகாரத்தில் உள்ள பெந்தேகோஸ்தே வல்லமையை நமது ஊழியம் அனுபவிக்கும்.

அவர்கள் அனைவரும் ஒருமனப்பட்டு ஜெபத்தில் நிலைத்திருந்தார்கள்... பெந்தெகோஸ்தே நான் வந்தபோது, அவர்கள் அனைவரும் ஒரே இடத்தில் கூடியிருந்தார்கள். திடீரென்று, வானத்திலிருந்து பலத்த காற்று வீசுவது போன்ற ஒரு சத்தம் வந்து, வீடு முழுவதும் நிரம்பியது... அவர்கள் அனைவரும் பரிசுத்த ஆவியால் நிரப்பப்பட்டார்கள்...”⁷

借着 圣灵合而为一

伍明德，
马来西亚半岛区会会长

約翰这样描述耶稣对祂门徒的心愿：“使他们都合而为一。正如祢父在我里面，我在祢里面，使他们也在我们里面，叫世人可以信祢差了我来。”¹

在《我们共同建造的家》这本书中，拉比乔纳森·萨克斯指出，创世记中关于创造的记载仅用了三十四节经文；然而，出埃及记中有关建造会幕的指示，却占了全书约三分之一的篇幅。为什么呢？

他提出了自己的见解：“答案在我看来是非常深刻的。首先，回顾以色列人至今的历史，他们一路走来不断发怨言……即使过了红海，他们仍然继续埋怨……如果一连串前所未有的神迹奇事，都不能使百姓产生成熟的回应，那么，还有什么能够做到呢？”²

他接着说道：“于是，上帝说：让他们一起建造一些东西。这简单的一句话改变了以色列人。在整个建造会幕的过程中，没有任何怨言……只要每一次危机都是由摩西和神迹来解决，以色列人就一直停留在依赖的状态，而他们最自然的反应就是抱怨。若要使他们成长，学会承担责任，就必须从被动领受上帝恩典的人，转变为积极参与创造的人。”³

同样地，对我们半岛区会来说，最令人振奋的消息，就是无论种族、文化或背景如何，我们都能同心合意，一起建立上帝的国度。当我们合一同工时，就正如耶稣所说：“你们若彼此相爱，众人因此就认出你们是我的门徒了。”⁴

在同一本书中，拉比萨克斯进一步呼吁：“我们的社会不应被视为一间让旅客暂住的‘酒店’，也不是一个把所有差异熔化的‘大熔炉’，而应当是一座由众人共同建造、充满欢迎与归属感的家，在这里，每一个群体都能保留自己的身份，并共同创造更美好的未来。”⁵

我并不完全认同作者论点中的每一个细节，但我愿意将上述的话按我们的处境加以调整：

让我们不要把教会仅仅看作一间‘酒店’，我们只是暂时停留的客人；也不要教会看作一个‘大熔炉’，将一切异教文化都基督教化，以便纳入教会。相反，让我们把教会视为一个温暖的家，由我们大家一同用爱心建造；在这里，每一个民族和文化都能带着自己的独特身份，同心协力传扬福音。

当我们庆贺半岛区会丰富多元的文化，并珍惜各自的种族、文化与身份时，也要牢记：我们的洗礼把我们带入了基督徒的文化，而这种文化超越了一切界限。在基督复临安息日会的神学中，上帝的律法是绝对的、永恒的、普世的，因为它建立在祂永不改变的爱之上。这些道德标准超越了人类的文化、地域和时代。⁶

在半岛区会，我们应当追求合一，而不是计较每个语言群体能够获得什么、谁比较优越，或谁贡献更多。相反，我们应当强调彼此平等，以及共同肩负的使命。当我们愿意舍己，天天背起自己的十字架跟从主，不再为自己的权益争竞，而是像重生得救的基督徒一样，把自己的权利完全交托给主，好让圣灵充满我们时，我们的区会就必经历使徒行传第二章五旬节的大能，以完成上帝托付给我们的使命。

“他们都同心合意地恒切祷告……五旬节到了，门徒都聚集在一处。忽然，从天上有响声下来，好像一阵大风吹过，充满了他们所坐的屋子……他们就都被圣灵充满……”⁷

¹ 约翰福音 17:21

² https://www.chabad.org/parshah/article_cdo/aid/2473955/jewish/The-Home-We-Build-Together.htm

³ *ibid*

⁴ 约翰福音 13:35

⁵ https://www.sefaria.org/The_Home_We_Build_Together;_Recreating_Society?tab=contents

⁶ <https://www.ministrymagazine.org/archive/1998/03/behind-mission-compound-walls>

⁷ 使徒行传 1:14; 2:1-4

WE ARE ONE

Lorna Tang,
Editorial Board



When we saw a sudden bump appear on the wooden floor, our battle with the termites was only beginning. If you have had the same problem before, you can relate to the anxiety of finding new mud tubes in the morning or hearing their clicking, rustling sounds in the night.

While termites are a pest in our urban setting, they play a vital role in the ecosystem. They can break down dead wood, which allows them to process waste and recycle elements back into the ground. Otherwise, the forest floor would be full of rotting debris. This is just one of the many functions they have in the world. They work together with the other organisms as one unit within their ecosystem.

In nature, we see how different organisms come together to bring balance and stability to their system. In Vision 89, we also highlight how our church needs to come together, with the theme Unity through the Holy Spirit*.

We invite you to rediscover this desire that Jesus has for us -- that we may be one. We are one -- every different, distinct individual -- because we are brought in unity by the same Spirit. As we learn more about why unity is important and the practical ways to cultivate and embrace this among ourselves, may our church bring together its diverse gifts for our Lord's service.

Let's each examine ourselves, so that we will not be like a termite in the wrong setting. But surrender to the leading of the Holy Spirit, and in unity, in the right role and place, make a positive impact according to God's purpose. Then, "all will know that you are My disciples..." (John 13:35).

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

Unity through the Holy Spirit

The Seventh-day Adventist Church is united in the body of Christ through the Holy Spirit. We express our unity through the teachings of the Word, loving fellowship, worship, witnessing, serving the needs of others, and preparing for the latter rain of the Holy Spirit. We unite in sharing with the world the prophetic message of Revelation 14:6-12 and Christ's message of reconciliation in anticipation of His Second Coming.

The Holy Spirit and Unity

in the New Testament Church



Robert Januvaris Agustin,
Ministerial Association & Field Secretary

Are we united or divided today? Unity is central to New Testament ecclesiology and mission, in which diversity becomes a powerful witness to grace. The term ἐνότης (henotēs, “oneness, undivided unity”) (cf. Eph. 4:3, 13) denotes not merely agreement but a Spirit-created life shared in Christ. This unity is a divine gift, as the Holy Spirit binds believers into one body in peace and love (Eph. 4:3–4). The early church lived this out amid deep divisions, yet became a testimony to Spirit-filled harmony, not through cultural sameness but through unity in Christ and empowerment by the Spirit. New Testament unity is thus Spirit-created, Christ-centered, relational, and mission-driven, offering vital lessons for today’s church. Ellen G. White likewise emphasized that the Church’s strength lies in unity and active service, writing: “The strongest argument in favor of the gospel is a loving and lovable Christian” (White, 1905).



Unity at Pentecost

At Pentecost, the Holy Spirit transformed waiting believers into a united, Spirit-filled church (Acts 2:1–4, 41–47). People from different languages and cultures heard “the wonders of God” in their own tongues, showing that unity in the Spirit does not erase diversity but redeems it for mission. This unity was not the product of human structure but of God’s presence, forming a community devoted to worship, fellowship, prayer, and relational witnessing (Acts 2:42).

In the multicultural context of Peninsular Malaysia, this model calls the church to regard diversity as a mission gift rather than a barrier. True unity arises not primarily through programs but through prayer, revival, and openness to the Holy Spirit, who breaks down cultural and social barriers to form a Christ-centered witness in a plural society.

Fellowship as Communal Unity

Fellowship, or *Koinonia*, describes the early church’s shared life of devotion, fellowship, and mutual care (Acts 2:42–47). Believers were “devoted to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer,” and they shared possessions so that “there were no needy persons among them” (Acts 2:42, 44–45). Their unity was not only spiritual but practical, expressed in worship, learning, generosity, and daily life together, serving as a visible testimony to the gospel (Acts 2:46–47).

Within Peninsular Malaysia’s urban and increasingly individualistic context, this model calls the church to intentional Christian community. Through small groups, prayer meetings, and community services, believers can cultivate discipleship, care, generosity, and cross-cultural fellowship, expressing *koinonia* as a living unity that transcends ethnic and social boundaries.

Many Cultures. One Spirit. One Mission.

Missional Unity

The Antioch church exemplifies unity expressed in mission and obedience to the Holy Spirit. While worshipping, fasting, and praying, the Spirit called Barnabas and Saul to mission (Acts 13:1–3). The church then sent them out, demonstrating that unity is outward-focused and mission-driven, not inwardly focused on maintenance. Even doctrinal tensions were resolved through prayer, Scripture,

and Spirit-led agreement (Acts 15:28), preserving unity of purpose rather than uniform opinion. As Elder Erton C. Köhler said, “mission unites people” (Köhler, 2025). Ellen White writes, “And under the influence of the Spirit... what followed?... Thousands were converted in a day.” (White, 1911, 37, 38).

From a Peninsular Malaysia perspective, this model calls the church to prioritize mission, evangelism, discipleship, and service as the basis of unity across diverse cultures and congregations. A shared mission helps overcome differences, strengthens collaboration, and enhances the integrated church’s witness in a multicultural society.

Unity in Diversity

Paul presents the church as one body with many parts, united through Spirit-given diversity (1 Cor. 12:12–14, 27). Each believer receives different gifts, “wisdom, knowledge, faith, healing, service” (1 Cor. 12:8–10), for the common good. No gift is inferior, and no member is unnecessary, because all are arranged by God for mutual dependence and edification (1 Cor. 12:18, 25–26). Ellen White explains, “In these first disciples was presented marked diversity. They were to be the world’s teachers, and they represented widely varied types of character. In order successfully to carry forward the work to which they had been called, these men, differing in natural characteristics and in habits of life, needed to come into unity of feeling, thought, and action. This unity it was Christ’s object to secure. To this end He sought to bring them into unity with Himself.” (White, 1911, 20).

In the Peninsular Malaysia context, this model calls the church to embrace a missional lifestyle and generational diversity as God’s design for mission. By valuing and involving every member (GTMI), the church fosters unity and collaboration across languages and ministries, reflecting one body, one voice, and one mission.

Reconciled Covenant Community

Christ breaks down every dividing wall and creates one family of God through His cross (Eph. 2:14–16). Formerly separated groups are now “fellow citizens with God’s people” and “members of God’s household,” built together into a remnant people in the Lord (Eph. 2:19–21). Unity here is not social convenience but spiritual reconciliation, rooted in Christ’s finished work and in shared access to the Father through the Spirit (Eph. 2:18). Ellen White writes, “The most convincing argument we can give to the world of Christ’s mission is to be found in perfect unity” (White, 1905).

Regarding Peninsular Malaysia, this calls the church to overcome ethnic, linguistic, and congregational divisions through grace, forgiveness, and belonging. By fostering cross-cultural fellowship, inclusive worship, and reconciliation, the church becomes a visible witness to Christ uniting diverse people into one family and one mission.

Unity in the Holy Spirit

Believers are called to “maintain the unity of the Spirit” (Eph. 4:3), grounded in “one body, one Spirit, one hope, one Lord, one faith, one baptism, one God and Father” (Eph. 4:4–6). This unity is preserved by Christlike character, humility, gentleness, patience, and love (Eph. 4:1–2). The Spirit equips the church with diverse gifts to build up the body to maturity in Christ (Eph. 4:11–13).

In Peninsular Malaysia, unity is often challenged by communication gaps, relational tension, and differences in doctrinal understanding. This model calls believers to strengthen prayer, forgiveness, humble dialogue, and spiritual maturity. As churches grow in discipleship and leadership development, they preserve Spirit-given unity and become more stable, mature, and mission-focused communities.

Unity Through Love

Jesus prayed, “that they may all be one,” just as He and the Father are one (John 17:21). This unity is rooted in divine love and is meant to be visible so that “the world may believe” (John 17:21–23). Love is therefore not only internal fellowship but also public testimony that confirms the truth of Christ’s mission. Ellen White writes, “They (disciples) needed to come into unity. To achieve this end, Christ tried to bring them into unity with Himself. He expressed His burden for them in His prayer to His Father, ‘That they all may be one... that the world may know that You have sent Me, and have loved them as You have loved Me’ (John 17:21-23).” (White, 1903).

As applied in Peninsular Malaysia, where we, Adventists, are closely observed in a plural society, visible love is essential to witness. Healthy relationships, reconciliation, and genuine care across cultural lines strengthen the gospel’s credibility. When the church lives out John 17, unity becomes its strongest evangelistic message.

Conclusion

The early church shows that unity is not a secondary issue but an essential mark of God’s people. Through the Holy Spirit, believers became one body, one family, and one witness. The church today is invited to recover this biblical vision, not unity built on convenience or similarity, but unity rooted in Christ, sustained by the Spirit, and expressed through mission. As believers pray together, reconcile with one another, and serve together, the church becomes a living testimony to God’s kingdom and an instrument for reaching the world. Ellen White stated: “Christ’s method alone will give true success in reaching the people” (White, 1905). Christ’s method was simple; He desired to bring all people back to Him. The Spirit-led unity of the New Testament church was a powerful testimony to the restoration of unity between God and humanity. Let us experience it today!

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SEVENTH-DAY ADVENTIST CHURCH

PENINSULAR MALAYSIA MISSION



Harvest 26

5-10 OCTOBER 2026



PR. IAN FELICITAS

5-9 OCTOBER 2026 | EVANGELISTIC MEETINGS | PENANG ADVENTIST HOSPITAL



PENANG ADVENTIST HOSPITAL

465, Jalan Burma (Burmah Road), 10350
George Town, Penang, Malaysia

5-9 October 8:00 PM - 9:30 PM

10 OCTOBER 2026 | HARVEST SABBATH | 9:30 AM - 12:30 PM | COMBINED WORSHIP



BERJAYA HOTEL, PENANG, MALAYSIA

PR. THOMAS CHIN
019-330 9341

PR. MACLAN MATTHEW
016-995 1625

A photograph of a group of people, likely in a church, with their hands clasped in prayer. The focus is on a woman in the foreground, with others blurred in the background. The lighting is warm and soft, creating a spiritual atmosphere.

Unity Through the Holy Spirit

Frendy Rubil,
Seremban



Ephesians 4:1–6

“I therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit... one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.” (NKJV)

The apostle Paul reminds us in Ephesians that there is one body, one Spirit, one Lord, one faith, one baptism, and one God and Father of all. Notice how often Paul repeats the word “one.” He wants believers to understand that although we are many individuals, we belong to one spiritual family. The Holy Spirit creates, strengthens, and preserves unity among God’s people.

The Holy Spirit Creates Unity

The human body is made up of many different parts. The eye cannot do the work of the hand, and the ear cannot replace the foot. Every part is different, yet every part is important. In the same way, the church consists of many different people. But the Holy Spirit brings all believers together into one body. The church is not united because everyone is alike. We are united because we all belong to Jesus Christ. The Holy Spirit removes the barriers that sin has created and reminds us that we are brothers and sisters in Christ.

The Holy Spirit Produces the Character Needed for Unity
Unity is impossible without Christlike character. Many church conflicts do not stem from major doctrinal differences. Most conflicts begin with attitudes – Pride, Jealousy, Impatience, Harsh words, Selfishness. But the Holy Spirit produces a different kind of life. Paul calls it the fruit of the Spirit – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control. The Holy Spirit changes our hearts from the inside out. When believers are filled with the Spirit, unity becomes possible because love replaces selfishness.

The Holy Spirit Gives Different Gifts for One Purpose
The Holy Spirit gives different gifts to different people. Every gift has value. The person greeting visitors at the door is as important as the preacher in the pulpit. The person praying quietly at home contributes to God’s work just as surely as the missionary serving overseas. The church needs every member. God never intended

spectators in His church. Every believer has been given a gift to serve. The Holy Spirit does not give gifts to make us famous. He gives them to make Christ known. When every believer serves with humility, the church becomes healthy and united.

The Holy Spirit Unites Us for Mission

Before Jesus ascended into heaven, He promised the disciples that they would receive power when the Holy Spirit came upon them. The Holy Spirit was given so they could be effective witnesses. The church exists for God's mission. When believers focus only on themselves, disagreements increase. But when we focus on reaching the lost, serving the poor, teaching children, encouraging one another, and sharing the gospel, we begin to work together. Mission unites us. The early church experienced extraordinary unity because they shared one purpose—to proclaim Jesus Christ. Thousands came to faith because the Holy Spirit empowered a united church. The same Holy Spirit is still at work today.

**May we be one —
not because we are the same,
but because the Holy Spirit lives in
each of us.**

**And may our unity point the world
to Jesus Christ.**





Music

&



Stress

Dr. Ng Teik Kee, Dicky,

Occupational Health Doctor / Lifestyle Medicine Doctor

In today's fast-paced world, stress has become almost unavoidable. When stress lingers, the body produces higher levels of cortisol, a hormone that, if constantly elevated, can disturb sleep, raise blood pressure, increase the risk of heart disease, weaken the immune system, and even affect mood and memory.

The good news is that not all remedies require medicines. One simple, enjoyable, and scientifically supported tool is music, whether you listen to it or sing it.

What Research says

1. **Listening to music.** Studies show that listening to calming music for 20–60 minutes can lower cortisol, reduce heart rate, and promote relaxation. It doesn't have to be classical. What matters most is that you enjoy the music and use it intentionally for relaxation.
2. **Singing.** Singing, whether alone or in a group, provides even greater benefits. Research on choirs has found reduced cortisol, improved mood, and increased levels of oxytocin (the “bonding hormone”) and endorphins (natural pain relievers). Singing also encourages deep breathing, which calms the nervous system, like meditation and yoga.
3. **Mood & Immunity Improvement.** People who sing regularly often report less anxiety and more positive emotions. Singing in groups has been shown to improve immunity markers such as secretory IgA, making the body more resilient to illness.
4. Recent work from the *Johns Hopkins Center for Music and Medicine* provides compelling examples of the therapeutic power of music.
 - In studies involving people with Parkinson's disease, rhythm workshops (clapping, drumming) and guitar lessons not only improved motor control but also lifted mood and reduced anxiety. Some benefits lasted even several weeks after lessons ended.
 - Brain imaging and functional studies reveal that music engages many parts of the brain simultaneously (areas for memory, speech/music processing, attention, motor skills), supporting the idea that music works through multiple, complementary pathways.
 - Studies have been done in pediatric intensive care and surgical wards; live music interventions help with breathing, heart rate stability, anxiety, and emotional well-being, including in children and their families.

How does Music work in the body?

- **Stress system reset:** Music helps calm the *hypothalamic-pituitary-adrenal HPA axis* (the body's central stress response system), lowering cortisol release.
- **Nervous system balance:** Slow, soothing rhythms activate the parasympathetic (“rest-and-digest”) system, reducing heart rate and blood pressure.
- **Emotional healing:** Music shifts the brain toward positive emotions, helping reduce worry and rumination.
- **Mindfulness effect:** Singing or mindful listening keeps attention in the present moment, easing mental overload.
- **Social connection:** Group singing builds a sense of belonging, which itself is protective against stress and depression.

Tips to getting started

- **Choose what you love; listen with intention.** Choose your favorite calming tracks or gentle instrumental music.
- **Set aside time:** Sit comfortably, breathe slowly, and give the music your full attention for at least 20 minutes.
- **Sing out loud:** Even humming or singing in the shower improves breathing and lifts mood.
- **Make it social:** Join a choir, karaoke with friends, or sing with family to add the bonding benefit.
- **Make it regular:** Aim for a few sessions each week. Even short daily practice helps your body “remember” how to relax.
- **Share the experience:** Group singing offers social bonding and higher oxytocin, which further lowers stress.
- **Turn on the music in clinical settings:** Play calming background music in waiting areas or infusion rooms. Offer curated playlists or short guided listening sessions for patients dealing with pain, anxiety, or long treatments.

When you're feeling low, tired, stressed, or emotional, music can support your overall health and well-being. Whether you listen, hum, sing, or play any instrument you enjoy, it offers uplifting and beneficial effects in many ways.

Listening to music or singing can reduce stress, improve mood, support immunity, and promote relaxation—making music a simple yet powerful tool for better well-being.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4854222/>
<https://www.frontiersin.org/articles/10.3389/fpsyg.2013.00511/full>
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第十六届新马青年大会

信仰 不是配角

黄琳胜,
吉隆坡中文堂



全体合照

两年一度的新马青年大会，今年迎来了第十六届，由新加坡重生堂承办。本届大会以“信仰 不是配角”为主题，深深提醒我们：在生命的舞台上，信仰不应只是点缀，而是引导我们人生方向的核心。这样的主题，不只是口号，更是一种属灵的呼召——邀请每一位青年重新审视自己在上帝面前的身份与角色。

本次大会汇聚了来自多个国家与地区的青年朋友，包括新加坡、马来西亚、台湾、中国、印尼等。在多元文化与背景的交流中，看见上帝国度的广阔，也体会到在主里合一的美好。

大会的节目设计丰富且具意义，涵盖“灵、智、体、群”四大层面。不仅有信息分享与属灵教导，也有互动式体验与实际行动的参与。青年人不再只是被动地聆听，而是透过实

际走入社区、参与服务，将信仰活出来，学习成为世上的光与盐。

大会将参与者分为十四个小组，在短时间内完成富有创意又具属灵深度的《圣经故事》表演。此外，他们也在樟宜机场进行寻宝任务——寻找“遗失的奖杯”。这不仅是一项趣味活动，更象征着属灵旅程中的使命：当我们“使命一致、方向一致、任务一致”时，便能同心完成神所托付的大使命。

这一切的体验提醒我们，当代的青年不应在信仰中迷失方向，而是要清楚知道自己是谁、为何而活。唯有当我们重新定位自己的身份——成为上帝的儿女、福音的见证人——我们才能在这个时代坚定站立，不让信仰沦为配角，而是活出以基督为中心的人生。

以下是参与青年大会的青年人心得分享：

～ 颜传辉弟兄

这一届马新青年大会，在我的脑海里留下了非常深刻的回忆。原本只是抱着「营费很便宜，而且还能到新加坡」的想法报名参加，没想到却在营会中认识了一群这么有趣、充满活力的朋友，也让我对每一次分组活动都充满期待。

营会中，主讲人的分享更是锦上添花，让年轻人不仅享受游戏和活动的乐趣，也能透过信息分享滋养自己的属灵生命。正如《希伯来书》10:25所说：「你们不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉，既知道那日子临近，就更当如此。」

在这个时代，我们更不应该停止聚会。如今娱乐选择越来越多，生活节奏也越来越快，许多人因此忙于自己的事情，而渐渐忽略了将上帝摆在生命中应有的位置。愿这一届马新青年大会「信仰不是配角」的主题，能够唤醒更多年轻人的心，让我们重新把信仰放在生命的中心，也愿复兴从我们开始。

～ 叶楷倩姐妹

报名时总忍不住想：“这次真的不想参加青年大会了。”可是每回盛会落幕时，最舍不得的人，偏偏还是我。

到底舍不得什么呢？舍不得夜里促膝长谈、抵足而眠的挚友；舍不得每一场分享都真挚动人、直抵人心的主讲人；舍不得这份“玩中学、学中玩”的轻松氛围；舍不得250位青年同聚一堂，一同敬拜、彼此学习、同心服侍的画面；舍不得第十二组那群可爱的伙伴；舍不得三育学校无微不至的悉心招待；舍不得在社区服务中遇见的那位慈祥婆婆；更舍不得这几天里，每一段真实又温暖的点滴时光。

这次还有一份意外的惊喜——我遇见了多年前一同参加青年大会的旧队友。若是没来赴这场约，我们或许就这样错过了，我甚至可能渐渐将他淡忘。

此外，每一届青年大会的主题歌都格外动人，尤其到最后，所有人并肩齐声合唱的那一刻，满心的震撼与感动，真的难以用言语描述。今年大会的主题是“信仰不是配角”，简单有力、格外好记，也时刻提醒着我：做每一件事，都当以上帝为中心，时常思想祂的心意。

其中，曾子贤教士的一场证道令我印象极深。他说：“上帝衡量我们，从不是看我们能力是否足够，而是看我们愿不愿意，将自己的手交托到祂手中。”在这里也想将一段经文分享给每一个人：“我的恩典够你用的，因为我的能力是在人的软弱上显得完全。”所以，我更喜欢夸自己的软弱，好叫基督的能力覆庇我。”(哥林多后书 12:9)

这些珍贵的美好回忆，真的值得我好好珍藏在心底。愿我们都能守住这份为主火热服侍的心。阿门！



图中白衣者：颜传辉弟兄



叶楷倩姐妹

~ 郭铭怀弟兄

这一届青年大会的主题为《信仰不是配角》。主办方透过有趣的游戏构思以及生动的信息分享，在传递信息的同时，不忘了激发我们的参与感。这四天四夜的行程中，节目包含了让我们走出舒适圈，到社区当中帮助乐龄人士打扫居所的环节；在不知不觉中让我们走遍樟宜机场的寻宝，以及三位讲员个别呈现的专题讲座。

在五次的专题分享当中，其中最让我印象深刻的故事是《愚人的黄金》。故事讲述主人公在一个岛上发现了一种金色的矿物，五位鉴定师中有四位都认定这是名为黄铜矿且再普通不过的金属，唯有一位认为它就是极其昂贵的黄金。得到这样的结论，主人公仍然选择孤注一掷，把所有的资源，精力，金钱，时间全然投入到遥远的岛上挖矿。

在我们的生活当中，当功课繁重，工作忙碌时，我们是否也像主人公一样？不知不觉地把我们生命中的“黄铜矿”误以为是真金，把会朽坏的事物看为珍宝，却把上帝推到了配角的位置。我们心中最看为宝贵的，究竟是什么呢？

活出真理极其不易，即使是《圣经》记载的先知们也有软弱跌倒的时候。但藉着这次的大会我明白：上帝设立律法不是为了责备我们的罪，而是要像镜子一般，让我们在看见自己的无助时，也能看到上帝的公义与慈爱，并在无助当中转向上帝。上帝不需要我们完美，而是让我们带着自己的软弱和瑕疵，像小孩一样来到祂面前，让上帝来主导，做我们人生中唯一的主角。



吉隆坡青年团参与「诗歌见证分享会」



吉隆坡青年团代表合影



吉隆坡青年团带领敬拜赞美



大会小组成员合影，来自不同教会的青年朋友在交流中彼此认识、彼此鼓励。

From Seeds to Sprouts: Building Friendships Through Soap Making

by Tan Thiam Yun,
Health Ministries

What happens after the seeds of friendship have been planted? They need to be nurtured. On 28 June 2026, the Damansara Adventist Hope Center (DAHC) took another step in its journey of intentional follow-up by organizing a Soap Making Workshop. Rather than reaching out to new contacts, this event focused on strengthening relationships with individuals who had previously connected with the church through health outreach programs.

A total of 30 participants attended the workshop, including 22 follow-up guests and 8 children from the church families. The relaxed and creative setting provided a wonderful opportunity for meaningful conversations while participants learned to make natural handmade soap together.

As adults discovered the art and science behind soap making, the children enjoyed their own hands-on session, creating

colorful soaps of their own. Families laughed, learned, and shared quality time, while participants proudly brought home their handcrafted creations.

More importantly, the workshop demonstrated that evangelism is not only about making first contacts—it is also about cultivating lasting friendships. Every conversation, shared activity, and moment spent together helps build trust and opens the door for deeper spiritual connections.

This workshop reminds us that disciple-making is a journey. After the seeds are sown, they must be watered with genuine care and nurtured through consistent relationships. Through simple initiatives like this, DAHC continues to create spaces where friendships can grow naturally, and Christ's love can be experienced in practical ways.



Group Photo



Product



Lecture



Poster

Health Screening Opens Doors to the Community

by Tan Thiam Yun,
Health Ministries

What if a simple blood pressure check could become the beginning of someone's spiritual journey?

On 12 April 2026, members of Damansara Adventist Hope Center (DAHC) transformed a routine health screening into a meaningful outreach opportunity at PARC, Subang Jaya. The event welcomed 78 community participants, while another 15 children took part in the Children's Corner, creating a warm and family-friendly atmosphere.

Visitors received health screenings, including blood pressure, blood glucose, and cholesterol tests, followed by one-on-one health counseling. Beyond providing health information, volunteers took time to listen, encourage, and build genuine relationships with each participant.

But this was only the beginning.

The health screening is part of a broader outreach strategy to connect with the community through practical acts of service. Based on the common health concerns identified during the screening, participants will be invited to a series of follow-up programs, including health talks, healthy cooking demonstrations, natural remedies workshops, and children's activities. These ongoing engagements are designed to nurture friendships and create opportunities for continued learning and support.

Ultimately, these connections will serve as a bridge to the church's evangelistic series planned for October and November, demonstrating how Health Ministries continues to be an effective entering wedge for sharing Christ's love with the community.

PEM Health Ministries was pleased to support the program, with Christine Tan and Eddy Wong assisting the DAHC team throughout the event. We thank the dedicated volunteers whose cheerful service reflected Christ's compassion in action.

Health Ministries is more than conducting health screenings—it is about touching lives, building trust, and opening hearts, one person at a time.



Group photo



Glucose Cholesterol Test



BP Screening

Building Bridges Through Health: PEM Health Advisory 2026 Inspires Local Church Leaders

by **Tan Thiam Yun,**
Health Ministries

What happens when health ministry leaders gather with a shared vision for evangelism, community impact, and intentional follow-up? The answer was clearly seen during the PEM Health Advisory 2026, held from May 15–17, 2026, at the PEM Office Conference Hall.

A total of 38 health leaders from 18 churches across the conference came together for three days of training, planning, and vision-casting — all centered on one important goal: transforming health ministries from event-based activities into intentional community engagement ministries that lead people through the evangelism cycle.

Throughout the advisory, participants were introduced to PEM’s 5-year direction for Health Ministries, practical ministry strategies, and sustainable follow-up models designed to help churches move beyond one-time health programs into long-term community connection.

A key highlight of the advisory was Steve Kuan’s presentation on “How Health Ministries is Used for Evangelism.” He challenged leaders to rethink the purpose behind health expos and screenings, emphasizing that meaningful follow-up is essential.

“If you didn’t have a plan for a follow-up program, don’t even start any health expo or HAP screening.”

Dr. Kuan also reminded participants that effective health evangelism begins with genuine care for people’s wellbeing. Follow-up programs should intentionally focus on health promotion and relationship-building, rather than appearing as hidden conversion efforts.

Another major highlight of the advisory was the series of presentations conducted by Jane Yap, who shared the strategic direction of Health Ministries at Malaysia Union



Group Photo

Mission and provided important guidance for churches conducting public health programs.

Her sessions covered practical guidelines and protocols for organizing health events in public settings, including matters related to engaging medical missionaries from outside the territory. She also conducted hands-on training on how local church leaders can effectively provide counseling while using the HAP (Health Age Plus) platform, helping participants better connect health assessment with meaningful community care and follow-up.

The introduction and practical application of HAP (Health Age Plus) was warmly received by participants, with many leaders expressing excitement about implementing it within their own churches and communities.

Participants shared encouraging responses throughout the advisory:

“This advisory has helped me to see the bigger picture in planning the health program in my own local church. I can now plan and visualize how it is going to lead me to complete the evangelism cycle.”

“Thanks for the HAP (Health Age Plus), I’m going to start using it in my own church and community.”

The advisory concluded with local church leaders drafting ministry plans and strategies tailored to their own church contexts, marking an important step toward stronger alignment and more intentional health evangelism throughout the conference.



HAP



How HM is Used for Evangelism



Leaders doing HAP

Youth Rush

by Ainy Stephen,
Publishing Ministries

How beautiful upon the mountains are the feet of him who brings good news, who proclaims peace, who brings glad tidings of good things, Who proclaims salvation, Who says to Zion, “Your God reigns!” Isaiah 52:7

PEM Publishing Ministries launches its first Youth Rush, equipping young people to share Christ through literature evangelism.

Seventeen youth set out across Kuala Lumpur with a simple mission: to share hope. From May 31 to June 5, 2026, Peninsular Malaysia Mission (PEM) Publishing Ministries conducted its first-ever Youth Rush at Kuala Lumpur English Church, providing young people with an opportunity to

experience literature evangelism firsthand.

During the five-day program, young people between the ages of 12 and 24 dedicated their holiday to ministry, learning how to connect with people, offer prayer, and share Christ-centered literature with their communities. Twelve students participated throughout the entire program, while additional youth joined selected outreach activities during the week. Youth Rush is designed to train young people for service through literature evangelism. Modeled after Youth Rush programs conducted in other parts of the world, the program combined spiritual instruction, practical training, and community outreach, providing young people with opportunities to develop their faith while actively participating in God’s mission.

Each day began with worship, training, and prayer. Students learned principles of Christian witnessing, communication, and literature ministry before heading into their assigned territories. For many participants, this was their first experience approaching strangers and sharing their faith in a



Group photo of all Youth Rush participants and leaders

practical way.

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Each day began with worship, training, and prayer. Students learned principles of Christian witnessing, communication, and literature ministry before heading into their assigned territories. For many participants, this was their first experience approaching strangers and sharing their faith in a practical way.

Prayer was at the heart of every activity. Before entering homes and businesses, participants gathered together to seek God's guidance and blessing. These moments reminded students that true success in ministry comes not through human effort alone, but through God's leading.

As the week progressed, many students who initially felt nervous about approaching strangers began to grow in confidence. They learned that literature evangelism is more than distributing books. It is a ministry of compassion, listening, encouragement, and sharing hope.

Throughout the program, participants visited approximately 2,650 homes and businesses, distributed 152 books, shared 265 glow tracts, and offered 10 prayers with community members. Each contact represented an opportunity to introduce individuals and families to Christ-centered resources and messages of hope.



Students and leaders in a prayer circle before canvassing



Student presenting literature to a community member



Student placing a glow tract into a mailbox

One experience shared by participant Cabilita illustrated the deeper purpose of Youth Rush. While canvassing with her partner, Eara, they met an older woman sitting alone in a coffee shop. After apologizing that she could not afford to purchase a book, the woman shared that her family had rejected her and was going through a difficult period in her life.

Learning that she was a Christian, the students asked if they could pray with her. She agreed. As they prayed, tears began to flow down her face. Afterward, the students embraced her, and the woman held on tightly, visibly moved by the simple act of kindness.

For Cabilita, the experience became a powerful reminder that Youth Rush is not only about distributing literature. It is about bringing Christ's love to people who are hurting and reminding them that they are not forgotten.

Beyond the outreach activities, Youth Rush fostered spiritual growth, teamwork, and lasting friendships.

Students encouraged one another through challenges, celebrated victories together, and shared testimonies of God's leading throughout the week. These experiences strengthened their commitment to service and deepened their understanding of mission.

For PEM Publishing Ministries, this first Youth Rush represents an important milestone. It demonstrated the tremendous potential of young people when they are given opportunities to serve and be involved in ministry. Through literature evangelism, participants discovered that God can use them, regardless of their age, to make a difference in the lives of others.

As PEM Publishing Ministries looks toward the future, this first Youth Rush marks the beginning of what is hoped will become a growing movement of youth involvement in literature evangelism throughout Malaysia. The prayer is that many more young people will answer God's call to share hope, truth, and the love of Jesus with their communities.



Students canvassing in the community

Will Your Health Be Better Next Year?

by **Tan Thiam Yun,**
Health Ministries

What if your health could look noticeably different just one year from now?

That was the challenge presented to members of Puchong Indian Church during the Health Age Plus (HAP) Screening conducted by PEM Health Ministries on 28 June 2026. A total of 28 participants, including the church pastor, took the opportunity to assess their health before gathering for an engaging group health counseling session.

Rather than simply explaining the screening results, the counseling encouraged members to see their health as a journey. Through lively discussions, participants uncovered the truth behind many common health myths and learned practical, evidence-based lifestyle principles that can make a real difference in everyday life.

The session concluded with a simple yet meaningful challenge: Don't wait for another health scare to make a change. Start with one small step today. Whether it is choosing healthier meals, being more physically active, drinking more water, or getting adequate rest, every small decision contributes to better health over time.

To keep the momentum going, participants were encouraged to make a personal commitment: when the HAP screening returns next year, may every result tell a story of progress. The goal is not perfection, but faithful stewardship of the bodies God has entrusted to us.

As the Health Ministries team continues to journey alongside our churches, we pray that every screening will become more than a health assessment—it will be the beginning of transformed lives, healthier families, and stronger witnesses for Christ.



Group Photo



Group Counseling Session



Breakfast after Screening

Family Ministry:

He restrained them not

by Rosalin Chan,
Family Ministries

God blesses us with children of all unique personalities, shapes, and sizes. Entrusting them to our care is a sacred gift, bringing with it the profound responsibility to love, protect, and disciple them.

Yet, in an era dominated by rapid technological advancement and a culture of immediate gratification, raising faithful children is increasingly challenging. To safeguard them from modern pitfalls, we can draw wisdom from an ancient biblical narrative. Through the tragic downfall of High Priest Eli's sons, we find critical lessons on how to guide the next generation intentionally.

Eli was a priest and judge in Israel. He held the highest and most responsible positions among the people of God. As a man divinely chosen for the sacred duties of the priesthood and set over the land as the highest judicial authority, he was looked up to as an example, and he wielded a great influence over the tribes of Israel. But although he had been appointed to govern the people, he did not rule his own household. Eli was an indulgent father. Loving peace and ease, he did not exercise his authority to correct the evil habits and passions of his children Hophni and Phinehas. Rather than contend with them or punish them, he would submit to their will and give them their own way. Instead of regarding the education of his sons as one of the most important of his responsibilities, he treated the matter as of little consequence. The priest and judge of Israel had not been left in darkness as to the duty of restraining and governing the children that God had given to his care. But Eli shrank from this duty, because it involved crossing the will of his sons, and would make it necessary to punish and deny them.

When Eli was high priest, he exalted his sons to the priesthood. Eli was alone permitted to enter the most holy once a year. His sons ministered at the door of the tabernacle, and officiated in the slaying of the beasts, and at the altar of sacrifice. They continually abused this sacred office. They were selfish, covetous, gluttonous, and profligate. God reproofed Eli for his criminal neglect of family discipline. Eli reproofed his sons, but did not restrain them. And when they were placed in the sacred office of

priesthood, Eli heard of their conduct in defrauding the children of Israel in their offerings, also their bold transgressions of the law of God, and their violent conduct, which caused Israel to sin.

For I have told him that I will judge his house for ever for the iniquity which he knoweth; because his sons made themselves vile, and he restrained them not. 1 Samuel 3: 13

Children are a sacred gift, and parents are entrusted with the responsibility to love, guide, protect, and disciple them. Eli's story reminds us that love must include loving boundaries and intentional guidance. In a world shaped by social media and competing influences, parents are called to lead their children faithfully, pray for them, and prepare them to walk in God's way.

Without weighing the terrible consequences that would follow his course, he indulged his children in whatever they desired and neglected the work of fitting them for the service of God and the duties of life.

Here is a standing rebuke to parents, professed followers of Christ, who neglect to restrain their children, but merely entreat them, like Eli, and who say, "Why do ye so wickedly?" but do not decidedly restrain them. Such suffer God's cause to be dishonored, because they do not exercise that authority which belongs to them to restrain wickedness. All this evil resulted from Eli's neglect to restrain his sons. I saw that if God was so particular as to notice such things anciently, He will be no less particular in these last days.



Today, have we allowed our children to be “intoxicated” with the free use of “wine” - the teachings and doctrines of this world diffused through social media, that our children are unable to discern what is right and what is wrong? Do we as parents shrink from our duty in restraining and governing our children? Do we indulge our children in whatever they desire and neglect the work of fitting them for the service of God and the duties of life? Do we treat the education of our children as of little importance and believe it is the responsibility of teachers and the church?

God condemns the negligence that dallies with sin and crime, and the insensibility that is slow to detect its baleful presence in the families of professed Christians. He holds parents accountable in a great degree for the faults and follies of their offspring. God visited with His curse not only the sons of Eli, but Eli himself, and this fearful example should be a warning to the parents of this time. 34Testimonies for the Church 4:200.

There is no greater curse upon households than to allow the youth to have their own way. When parents regard every wish of their children and indulge them in what they know is not for their good, the children soon lose all respect for their parents, all regard for the authority of God or man, and are led captive at the will of Satan.28Patriarchs and Prophets, 575-578.

Such is the fearful reaping of the harvest sown when parents neglect their God-given responsibilities, —when they allow Satan to preoccupy the field which they themselves should carefully have sown with precious seed of virtue, truth, and righteousness. If but one parent is neglectful of duty, the result will be seen in the character of the children; if both fail, how great will be their accountability before God! How can they escape the doom of those who destroy their children’s souls? (The Review and Herald, August 30, 1881).

Let us arise and heed the injunction written of Father Abraham: “ I know him, that he will command his children and his household after him, and they shall keep the way of the Lord to do justice and judgment.”

Let us be true to our duties and train the child in the way he should go, so that when he is old, he will not depart from it.’ Commit your children to the Lord in prayer. Work earnestly and untiringly for them. God will hear your prayers and will draw them to Himself. Then, at the last great day, you can bring them to God, saying, “Here am I, and the children You have given me.”

Reference:

1. AH 536
2. *Patriarchs and Prophets*, 575-578.
3. 34Testimonies for the Church 4:200.
4. *The Review and Herald*, August 30, 1881

“We Care We Serve”

by **Betney Bagavan,**
Southern Adventist Health Team



JB Churches (BM) health team

Latihan Pelayanan Kesihatan Johor
23 Mei 2026 - JBBM.

Kluang Adventist Health Team di bantu oleh Gereja Megahria Health Team telah bekerjasama membantu Gereja Bahasa Johor Bahru (JBBM) dalam pelatihan program kesihatan seperti Saringan Kesihatan Asas, Latihan Kaunselor Kesihatan, Pengurusan Stress, dan “Massage Ministry”. Pihak Adventist Southern Health Team mengucapkan syabas kepada pastor daerah Pr. Minsun, Ahli Pimpinan JBBM , Team Kesihatan dan para

anggota JBBM atas sokongan padu untuk menjayakan program ini.

Tidak dapat dinafikan bahawa Program pelatihan Kesihatan serta “ Health Outreach” giat dijalankan di bahagian Zon Selatan. Melihat semangat luarbiasa para anggota Gereja Bahasa, English, Chinese, serta Gereja Tamil yang mahu turut terlibat dalam penjangkauan jiwa melalui program kesihatan REAPS 27 dan apa sahaja program inisiatif pihak pimpinan gereja di peringkat PEM, MAUM, SSD serta GC adalah suatu hal yang mengujakan dan perlu diberi perhatian penuh.



Public health screening in Johor



JB Indian health team

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

Penang Adventist Hospital Church (PAHC) Children's Ministries Report

by Crystal Bagah,
PAHC

What an unforgettable week of faith and revival it was for the Penang Adventist Hospital Church (PAHC). From March 23–27, 2026, an evangelistic meeting was held, while the Children's Ministries Department conducted a separate children's program with the theme "God & Me."

The program was conducted nightly from 7:30 p.m. to 9:00 p.m., with an average attendance of 20 participants, including both children and parents. The children actively participated by serving as presiders, song leaders, and prayer leaders. Throughout the five-night program, the committee intentionally invited male speakers to share God's Word. The children listened attentively, participated enthusiastically in discussions, and demonstrated a genuine desire to learn more about God. The unwavering support of parents, who faithfully encouraged their children to attend each evening, contributed greatly to the program's success.

Inspired by the challenge to be "Grounded in the Bible," the Children's Ministries Department organized a Children's Seminar entitled "How to Study the Bible" on April 3, 2026, one week after the evangelistic meetings. The seminar was held during the church's vesper service, with Pastor Vinson Simbaku serving as the speaker.

During the seminar, the children learned practical methods for studying the Bible by carefully examining and discussing Scripture passages together. Pastor Vinson also introduced several Bible study applications that could help them develop a deeper

and more meaningful personal Bible study experience.

To reinforce this commitment to God's Word, the Children's Ministries Department launched the 10-Minute Bible Reading Challenge 2026, encouraging children to read the Bible daily for one month. After each day's reading, the children completed a simple reflection by answering the following questions:

- Who is the main character in the passage?
- What happened in the passage?
- What is your prayer focus based on today's reading?

The challenge also included babies, toddlers, and kindergarten children, allowing even the youngest participants to take part. Parents were encouraged to read a Bible story to their children each day, helping them develop a love for God's Word from an early age while strengthening family worship at home.

Parents' enthusiastic support played a significant role in motivating the children to participate faithfully throughout the challenge. In addition, the encouragement and assistance of leaders from various church departments greatly contributed to the success of both programs.

Although there were challenges, including limited meeting time and space, we praise God for His constant guidance and provision. He faithfully smoothed the way and blessed every aspect of these ministry efforts. We thank Him for a successful and spiritually enriching experience that strengthened the faith of both the children and their families.



Pastor Vinson Simbaku (left), speaker for the Children's Seminar, receiving a token of appreciation from Elder Elton (center) and Ms. Ellendra



Ms. Ellendra (right) delivering the welcoming remarks and greeting the children as they gathered for the opening day of the program

Global Youth & Children's Day 2026

A Day of Worship, Service & Outreach

by **Sharmilah Ambualagan,**
Kulim Indian

The Global Youth Day program was successfully held on 4th April 2026, from 9:30 a.m. to 12:30 p.m. at the Kulim Indian SDA Church, Kulim, Malaysia, under the theme “Communion in Action.” In preparation for this meaningful event, a Youth Week of Prayer was conducted from 29th March to 3rd April 2026 via Zoom. Each day featured a speaker from among the church youth, presenting topics aligned with the annual theme. The sessions received encouraging participation, and the program was carried out smoothly and successfully, fostering spiritual growth and unity among the attendees.

On the day of the event, a Youth and Children-led Service was organized, where both youth and children actively participated in leading various segments of the program. These included the song service, devotional session, special skits, choir presentation, Sabbath School, sermon, and prayers. The commitment and enthusiasm demonstrated by the young participants were truly commendable, as they led the service with confidence and spiritual dedication. The atmosphere of the church was filled with a strong sense of reverence, joy, and spiritual fulfillment throughout the program.

Following the service, an outreach program was conducted in line with the theme “Communion in Action.” Youth, children, and adults from the church came together to participate in this meaningful initiative at Kulim Hi-Tech Park, Kedah. During the outreach, bread and drinks were distributed along with warm wishes to members of the public. This provided a valuable opportunity for interaction and fellowship with the community. The program concluded with a sundown worship held at the park, leaving all participants with a sense of joy, unity, and spiritual fulfillment. Overall, the program was a deeply fulfilling experience, filled with joy, unity, and spiritual growth, leaving a lasting impact on all who participated.

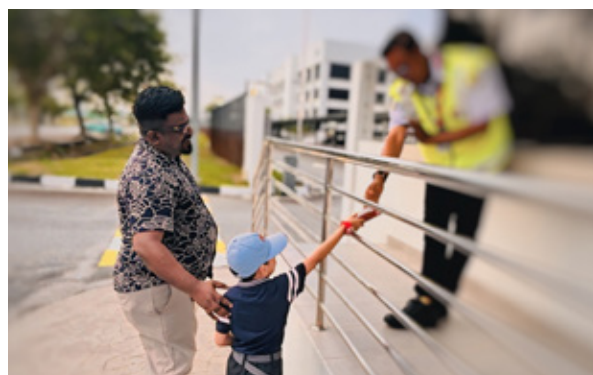
We extend our heartfelt appreciation to Pastor Hendru Balan, Elder Robert, and our church family. We are grateful for your continuous support.



Together we rise, together we serve — KISDAC,
a united mission in Christ.



Cake-cutting in celebration of Global Youth & Children's Day 2026



Share with the Lord's people who are in need
Serving with love in outreach

Walking with Jesus: World Adventurer Day 2026

by **Jasmine Jaya Malar,**
Kulim Indian

The Arise & Shine Adventurer Clubs of Kulim Indian SDA Church and Nibong Tebal Indian SDA Church were blessed to celebrate World Adventurer Day 2026 together under the theme Walking with Jesus.

We were honored to welcome Pastor Cheng Zi Xian, youth director, and Mrs. Ester on their very first visit to Kulim Indian SDA Church. Throughout the program, our Adventurers joyfully participated by leading the song service, presenting Devotions, Mission reports, Scripture memory verses, action songs, and a special presentation on the Community Helpers Award that reflected their commitment to growing in Christ.

A highlight of the celebration was the World Adventure Day where Adventurers were recognized for completing the

requirements of their respective classes, including Little Lamb, Early Bird, Busy Bee, Sunbeam, Builder, and Helping Hand. In the afternoon, Pastor Cheng Zi Xian conducted a Club Ministries Training (CMT) session, providing valuable encouragement, guidance, and inspiration to club leaders and members.

**Every Child a Disciple,
Every Step with Christ.**

We thank God for His blessings upon this special event and extend our sincere appreciation to MG Pr Hendru Balan, Adventurers' deputies MIT Sobana

(Kulim), MIT Rani (Nibong Tebal), all the Adventurers, MITs, Pathfinders, and parents for their dedication, support, and teamwork in making the program a success.

May our Adventurers continue to Arise and Shine for Jesus in all they do till the second coming of Christ.



A united team, a successful mission by Arise & Shine Adventurers & Pathfinders



MG Hendru Balan, Pathfinder Director & MG Jasmine Jaya Malar, Adventurer Director of Arise & Shine Adventurer Club, presenting a token of appreciation to MG Pastor Cheng Zi Xian on his new role as PEM Youth Director and first visit to Kulim Indian Seventh-Day Adventist Church, alongside his wife, Mrs. Ester



Adventurer Dhaarvesh presenting the Adventurer Law on the world Adventurer Day



In perfect salute, Adventurers uphold the Adventurers' song with dignity



MG Cheng Zi Xian presents certificates to the Adventurers, celebrating their commitment, achievements, and successful completion of their Adventurer class requirements



SDA Nibong Tebal Adventurers share their special program through memory verses, special songs, and inspiring testimonies



MG Cheng Zi Xian & MG Hendru Balan presenting World Adventurer Day gifts to the new family children

小组事工培训班

卢家美,
吉隆坡中文堂



全体合照

吉隆坡中文堂于今年4月26日举办了小组事工培训班。由来自澳大利亚Gateway Adventist Center郭策牧师分享。当天的参加者大约有40位。郭策牧师带领其教会以小组事工为布道策略。这次的分享，大家都翘首以盼。盼望透过他的分享知道他的教会，如何由大约100人增长到300人。这次的分享绝非纸上谈兵，乃是实战经验，可帮助各教会领袖与信徒在传福音的策列上更多的学习，何等宝贵。

他首先提到，教会与慕道友之间所缺少的一个桥梁，就是小组；因为一个家庭需要有另外两个家庭成为朋友，有了熟悉感才会继续留下来，再把人从小组带来教会。教会切莫为了办小组而办小组，应以具体目标为小组的导向来进行。他鼓励信徒首先起来祷告，求圣灵赐下有相同负担和感动的同工，因小组事工需要有同工，不能单枪匹马。而同工则需对人有负担，而非对事有负担，不同年龄层皆可；何为对事有

负担，他进一步举例，若某信徒对烹饪有负担，没有同工也无人参与，此小组可解散并另组新组。

第二，小组需要设定目标人群。比如乐龄人士、青年人等，以他们的需要来设计小组活动，这就是教会可做出的（福音）回应。

第三，小组活动主题若非圣经知识，乃其他专业则可邀请专业人士前来分享，非信徒皆可。“桥梁”活动的切入点有很多，比如：烹饪班、音乐会、讲座会等。郭策牧师回应提问时说到，关于体育运动在布道策略上的成效较低，因这类人群较注重锻炼技巧，一般运动之后就离开，除非之后有聚餐时间，方有机会认识对方。

第四，各小组事工向教会汇报进行的情况，可向教会提出需要物资或人力的协助；教会可配合小组举办布道会收割。

第五，当慕道友出席率稳定后，可进入查经阶段，而后受洗。建议查经以一对一进行为佳。

第六，从慕道友到门徒，期间大约为三年，依各人情况而异。

以上几点可供参考。非常感谢郭牧师的分享，愿参与的弟兄姐妹与领袖更有方向来进行小组，回应人群的需要或痛点，把船开到深处，为上帝得人如鱼。

关怀小组事工目的就是“救灵”，愿我们都能看见救灵的迫切与重要，不仅认同，更愿意真实地委身其中，积极参与这份神圣的委托。让我们一同“扎根于圣经，专注于使命”，为主赢得更多生命。阿门！



唱诗赞美



破冰游戏是拉近彼此最快的方式



聚餐前的分享

见证分享：我受洗啦！

邓宛恩，
吉隆坡中文堂

2026年5月16日我受洗啦！我很感恩能够和大家分享我的见证。

早在2014年，上帝已经开始慢慢进入我的生命。我还记得，刚刚搬进新家不久，我特地叫哥哥和弟弟送我一本书。但现在想起来，其实很好笑。因为那时候我以为：“圣经可以压鬼”。以前住酒店时，我总会看到抽屉里放着一本圣经。我心里就想：“是不是因为酒店有一些不干净的东西，所以才放圣经？”于是搬新家后，我也想放一本在家里“保平安”。

后来，哥哥和弟弟真的送了我一本圣经。哥哥在第一页写下：“恩，《圣经》内无穷的道理能使你的一生受用。”弟弟写下：“姐，时刻把上帝美妙的话语都刻在你心中。”

那时候的我，其实对《圣经》完全不了解，也不明白这些话的意思。我甚至没有认真翻开来。但现在回头看我才发现，原来上帝早在10年前就把种子悄悄放进了我的生命里了。

后来，到了2017年。那时候的我已经结婚7年，却一直没有孩子。哥哥、弟弟和我，三个人开始了一个很特别的习惯。每个星期一晚上，我们都会在线上一同祷告和分享。那时候我对信仰其实还在慢慢摸索。但哥哥和弟弟一直很认真地为我祷告。他们求上帝赐给我一个孩子。而我，也第一次开始认真地把自已的需要带到上帝面前。

2018年11月份，佳怡—我的女儿来到我的生命里。直到今天，我依然相信，佳怡不是“刚好”出现的，而是上帝听见了我们的祷告。

那时候的我，开始第一次真正感受到：“原来祷告，不只是安慰”。上帝是真的会垂听。可是，真正让我开始认真思考“信靠上帝”这件事，是2023年5月20日——妈妈突然离世。

那一天，对我们一家来说是很大的打击。我陷入很深的悲痛和自责里面。我甚至会想：“以后，我还有机会再见到妈妈吗？”那段时间我才发现，人的力量真的很有限。

其实以前的我都比较相信自己、依靠自己。我习惯什么事情都自己撑着。我以为只要自己够坚强，就可以走过去。可是妈妈离世之后，我活得很深的悲伤里。我开始发现有些痛，不是靠时间、靠假装、靠逞强就能过去的。



邓宛恩与家人的合影

其实我哥哥是牧师，弟弟也是基督徒。可是这么多年，他们都没有真正影响到我。直到妈妈离世以后。因为我亲眼看到爸爸的改变。一个陪伴自己几十年的妻子，突然不在身边。那种无助、寂寞和失落，我知道一定很难熬。可是我看到爸爸虽然悲伤，却依然依靠着上帝，好好地生活。

妈妈离世之后，我也开始慢慢走进教堂参加崇拜。而在那个过程中，爸爸给了我很大的影响。因为我看到爸爸每个星期六，都会自己一个人从芙蓉驾车来吉隆坡教堂。大概 40 分钟的路程，他却一直坚持着。

我知道，单靠人的力量，其实很难做到。所以我相信，是上帝给了爸爸继续坚持下去的力量。而爸爸的坚持和毅力，也成为我要学习的榜样。另外一个让我开始愿意常常去教堂的原因，是因为我想多一点见到爸爸。

以前总觉得，家人会一直都在。可是妈妈突然离世之后，我才明白，陪伴其实不是理所当然的。所以除了参加崇拜之外，我也开始花更多时间陪伴爸爸。妈妈离世后，我开始亲自帮爸爸修剪头发。也会陪他做一些简单的小活动。这些事情看起来很平凡，但对我来说，却变得很珍贵。

因为我开始明白，原来爱一个人，不一定是做多伟大的事情。有时候，只是愿意陪伴，已经很重要。而在这个过程中，我也越来越感受到上帝在慢慢改变我的心。一路走来，我慢慢体会也开始明白，信靠上帝，并不是因为人生从此不会有困难。而是当我害怕、软弱、失去方向的时候，我知道自己不是一个人。

以前的我，总喜欢靠自己。但现在的我，开始学习依靠上帝。因为我相信，人的力量是有限，但上帝的爱和扶持，却永远不会离开。

有一段经文，是这段时间一直鼓励我的：

“不要害怕，因为我与你同在；不要惊慌，因为我是你的神。我必坚固你，我必帮助你；我必用我公义的右手扶持你。”——《圣经》以赛亚书 41:10

今天，我愿意接受浸礼。不是因为我已经变得很好，而是因为我愿意把未来的人生都交托给上帝带领。

今天我还要感谢黄琳胜牧师的协助和安排，让我哥哥可以亲自为我浸礼。“哥哥，愿我们一家将来都能够天国再见妈妈”。阿门！



邓宛恩分享见证



在洗礼池和哥哥弟弟的合影



与教堂的弟兄姐妹合影

Book Promotion

Jus-jus Sihat

Price: RM 70.00

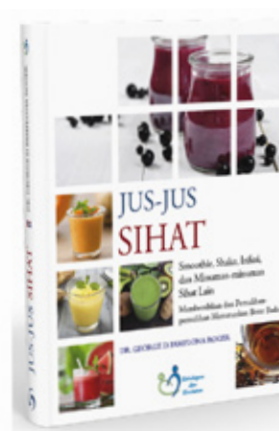
Penulis: Dr. George Pamplona Roger

Penerbit: SAFELIZ Publishing House

Kulit Buku: Berwarna

Jus buah-buahan dan sayur-sayuran segar merupakan cara yang mudah dan menyeronokkan untuk menyokong gaya hidup yang lebih sihat. Dalam Jus-jus Sihat, Dr. George Pamplona Roger membentangkan panduan praktikal mengenai manfaat pemakanan jus semula jadi dan bagaimana ia dapat menyumbang kepada kesejahteraan keseluruhan.

Buku ini menerangkan khasiat kesihatan pelbagai jenis buah-buahan dan sayur-sayuran, menyediakan resipi jus yang mudah diikuti, serta menjelaskan bagaimana pemakanan yang betul dapat membantu mengekalkan kesihatan yang baik. Ditulis dalam gaya yang jelas dan mudah difahami, Jus-jus Sihat merupakan sumber yang sangat bermanfaat untuk individu dan keluarga yang ingin meningkatkan pemakanan harian mereka secara semula jadi serta menikmati manfaat kehidupan yang lebih sihat.



21 Hari Untuk Berubah

Price: RM 115.00

Penulis: Dr. George Pamplona Roger

Penerbit: SAFELIZ Publishing House

Kulit Buku: Berwarna

Tabiat yang positif mampu mengubah kesihatan dan kualiti hidup seseorang. 21 Hari Untuk Berubah menawarkan panduan praktikal langkah demi langkah yang direka untuk membantu pembaca membentuk pilihan gaya hidup yang lebih sihat dalam tempoh dua puluh satu hari.

Berdasarkan prinsip-prinsip kesihatan yang kukuh, Dr. George Pamplona Roger menyediakan cadangan yang mudah dan boleh diamalkan berkaitan pemakanan, aktiviti fizikal, rehat, serta kesejahteraan menyeluruh. Setiap bab menggalakkan perubahan yang beransur-ansur tetapi berkekalan, yang dapat membawa kepada peningkatan kesihatan fizikal, mental dan emosi. Ditulis dalam format yang mudah difahami, buku ini menjadi teman yang bernilai bagi sesiapa sahaja yang ingin menikmati kehidupan yang lebih sihat, seimbang dan berkualiti.



2026 October

03	Admin	Quarterly Day of Prayer	PEM
03	Youth	World Pathfinder Day Celebration	Northern
03	WM	Senior Women Appreciation Sabbath	PEM
05-10	Ministerial	Harvest Evangelistic Meeting	Northern
09-10	Stewardship	Stewardship Workshop	Northern
10	Ministerial	Pastor Appreciation Day	PEM
17-19	SOP	SOP Awareness Seminar	Central
21-24	Ministerial	Harvest Evangelistic Meeting	Central
24	CHM	Creation Sabbath	PEM
25	Admin	Executive Committee Meeting (4-YE Sep 2026)	Online
27-29	Admin	Ministerial Meeting 2	PEM
29	Health	Psychological First Aid/CARE Ambassador (Pastor only)	PEM
30-31	Ministerial	Harvest Evangelistic Meeting	East Coast

2026 November

07-14	Admin	Week of Prayer	PEM
08-14	Youth	eWeek of Prayer 2026	Online
21	CHM	World Orphans & Vulnerable Children's Day	PEM
28-05 Dec	Stewardship	Stewardship Revival Week 2026	PEM

2026 December

02-03	Admin	OneVoice 27 Daniel & Revelation Seminar	Online
05	Stewardship	Annual Stewardship Sabbath	PEM
05-07	Publishing	LE Gathering	Southern
12	Health	Health Emphasis Day	PEM

NOTICE FROM PEM

CONGREGATION STATUS

We congratulate **Ulu Tiram** as they transitioned from company status to a church status effective 26 July 2026.

Youth Column

AY Model 1.0

JESUS, THE CENTER

The General Conference youth ministries department, in consultation with the youth directors of the thirteen divisions of the world field, has re-Visioned youth ministry and has repositioned Jesus at the center of its existence and mission.

As our motto declares, the love of Christ compels us. Jesus, the Creator of the universe, in whom the fullness of divinity dwells, came down to become like one of us, to restore us to His likeness. He made peace with us through His blood on the cross (Colossians 1: 15-20 NIV).

Jesus Himself says, “And I, if lifted up from the earth, will draw all men to me” (John 12:32 KJV).

Global Seventh-day Adventist Youth ministries will elevate Jesus in all aspects of its operation.



Be kind

Kindness in the Bible

Find at least ten stories of kindness in the Bible. What difference did the kind actions make to other people?

The Good Samaritan

Read the story of the Good Samaritan. Think about each character. Who is each person's neighbour? What do you like best about this story? Which character is most like you? What's the most important message in the story for you?

Think about it!

Whenever you are kind you are showing people how much God loves them.

Hide it in your heart

Be kind and compassionate to one another.

Ephesians 4:32, NIV.

Kindness project

Choose a kindness project for your family to do together. One family decorates large stones with paint, and then writes encouraging messages on them. Then they hide them in public places for other people to find. What could you do?

Kindness spies!

Where did you see someone being kind today? Tell each other what happened. What did you do to be kind to someone else today? What helped you to be so kind? What effect did your kindness have on the other person?

Kindness now!

Take it in turns to do one kind action straight away for the person on your left. Pass them some food. Tidy something away. Say something kind. We can all be kind, in all kinds of ways, all the time.

Watch this!

Watch 'The Kindness Boomerang' on YouTube. How many people were kind? What effect did kindness have on the different people? How could you start a kindness boomerang where you live?

Kindness chain!

Take it in turns to suggest a way that your family could be kind. Begin the chain by saying: 'We are the XXX family and we are kind!' Then suggest a kind action. The next person has to say the beginning of the chain, the first kind action that was suggested, and then add another kindness idea of his/her own. Keep repeating the chain and adding ideas. Now put your ideas into action!

After the meal- Make it kind!

Use whatever craft materials you can find and make something to remind the people in your family to be kind.

SEVENTH-DAY ADVENTIST CHURCH

PENINSULAR MALAYSIA MISSION



Harvest 26

21-24 OCTOBER 2026



PR. LEONILO M.



DR. ABNER DIZON

21-23 OCTOBER 2026 | EVANGELISTIC MEETINGS | VARIOUS LOCATIONS



**SDA Kuala Lumpur
English Church (KLEC)**

1, Jalan 4/93, Taman Miharja,
Kuala Lumpur, Wilayah Persekutuan 55200
Malaysia

21-23 Oct 8:00 PM - 9:30 PM



**Damansara Adventist
Hope Centre (DAHC)**

G-1-1, Block G, Jalan PJU 1A/41B
Pusat Dagangan NZX, Ara Jaya
47301 Petaling Jaya.

21-23 Oct 8:00 PM - 9:30 PM

24 OCTOBER 2026 | HARVEST SABBATH | 9:30 AM - 12:30 PM | COMBINED WORSHIP



WISMA MCA, 163, JALAN AMPANG, 50450, KUALA LUMPUR



**Elder Bobby Rika
011-10094021**



**Elder Lourds Clement
012-315 2233**