

NEWSLETTER

RELIGIOUS EDUCATION AFFAIRS

I S S U E **2** F E B 2 0 1 3



Voices of Children



Articles

MY LEISURE LIFE

Yay! School holidays are coming! But, the long holidays can be boring, that's why I have to plan some activities to occupy my time. Since I am a Christian, praying and the reading bible cannot be omitted in my life. When I encounter some problems I cannot solve, I'll kneel down to pray because I know God will help me. That's why I always rely on Him. This is one of my leisure activities, and it's very important for me.

Next, the leisure activity I'll be involved in is that my parents will bring the whole family to a park for a walk to get some fresh air. Normally, we are very busy because of my academic studies and parents have to work, so when they are free, they will bring us somewhere to get some fresh air. Besides that, sometimes my parents will bring my elder brother, my younger sister and I for a swim. Nowadays, most people are busy with their work, so taking occasional walks can eliminate pressure because leisure activities can bring physical and mental benefits.

The leisure activities at home will include: going online, listening to some songs and practising the piano. These kinds of activities can soothe our mood.

These are the activities I have planned for the coming school holidays. I look forward to the coming holidays.



Lai Yong En
Upper Primary Class
Sungai Siput Church



Lai Yong Sheng
Junior Youth Class
Sungai Siput Church

Everyone has their own leisure time, me too. My leisure life activities include playing the guitar, going online, reading books, listening to songs, etc...

When I have some free time, I'll do what I like, especially when it is after the exams. I'll borrow some books from my friends and sometimes, while I'm reading, I'll put on the music. Sometimes, I'll go online and chat with friends or play online games. All these activities apply only from Mondays to Fridays.

The leisure activities on Saturday and Sunday include playing basketball or football with church friends. Sometimes we even play hide and seek too, ha... ha! It's fun! On rainy days, I'll watch TV at home. Occasionally, my father will bring the whole family shopping in Ipoh.

This is my leisure life and it's quite satisfying.

In my life, leisure activities are part of it. For a Christian's leisure life, prayer and singing hymns are part of it. Here are a few examples of how I spend my leisure time.

Playing badminton or swimming are the activities that will be carried out on Saturday or Sunday. On Mondays to Fridays, I'll have to play the role of a good student, furthermore, to be a good Christian student.

In addition, sometimes I'll read some books or listen to some songs, go online, shopping and etc... Such activities can better your physical and mental condition.

At home, the leisure activities I do are cooking and cleaning my bedroom.

Besides these, as a Christian, the leisure activities that I should do are to attend Sabbath Service and during school holidays, I'll attend the bible camp and Short Term Youth Theological Training Course. These activities can train up my faith, so that I can be closer to God.



Hay Sui Yee
Junior Youth Class
Sungai Siput Church



Report on the Upper Primary Bible Camp

My name is Phoebe Ko Jie Yi and am currently attend Upper Primary RE Classes in Klang conducted in Mandarin. I am in standard five.

In November of this year, I had signed up to attend the Central Region Upper Primary Bible Camp, which will be my second year attending the Bible Camp. I was looking forward with much anticipation for the start of the Bible Camp. As I was to sit for the UPSR public examinations next year, in 2012, I was scheduled by my school which I attended to attend the special extra classes organized by the School to help to prepare us for the UPSR Exams. Our class teachers in school had reminded all of us that attendance of the special extra classes was compulsory and we were not to be excused in any circumstance. As such, I was worried and anxious about this requirement which troubled me for a few months.

However, thank God that when my mother personally went to my school to seek formal permission for me to be excused from the special extra lessons for a period of three days to allow me to participate in the bible camp, my teacher unexpectedly agreed.

The day which I had anticipated for some time finally arrived and I was glad to have my cousin sister from Mentakab who had specially come down to attend the Bible Camp with the rest of us from Klang. Soon after all of us from Klang gathered in Church, we left for PJ Church in the Klang Church van. We attended Friday night Sabbath service in PJ Church and soon there was a briefing session followed by an introduction session where we introduced ourselves.

On the Saturday morning, the Upper Primary Bible Camp commenced proper. The lessons that were taught to us included the appropriate way in which we can use the popular "Facebook" application as believers in this new generation, hymn sessions, sharing of testimonies, art and craft, Christian Living, group discussions and how to experience grace of God. Most important of all was the sessions for Prayer for the Holy Spirit. Thank God, for the duration of the Bible Camp, there were in total 4 students who received the precious Holy Spirit.

On Tuesday morning, we visited the reknown Royal Selangor Pewter factory and the Beryl's chocolate factory. Thanks to the wonderful guidance and arrangement of God, we had better insight as to how such things are made, and this has widened our knowledge.

Although I missed the special extra lessons arranged by my school for the days I attended the Bible Camp, I have benefited from attending the Bible Camp, and had the opportunity to draw closer to God. I am looking forward to the Bible Camp next year and I am also hopeful that more of the brothers and sisters from Klang Church and the other Central Region Churches can participate in the event. I would also like to express thanks to the preachers, ministers, cooks and counselors who contributed in making this bible camp such a success. May the Lord remember their love.

All glory be given to God. Amen.



Phoebe Ko
Upper Primary Class
Klang Church





My Reflection

Thank God for this opportunity to pen down my reflection on the recent Upper Primary Bible Camp. This camp was held on 14th – 18th November 2012 at TJC, Petaling Jaya.

The camp participants came from Klang, Subang Jaya, Petaling Jaya, Cheras, Kajang, Kajang Utama and Gombak.

I learned much on the words of God and prayed for the Holy Spirit. In these few days, I befriended many brethren-in-Christ. Through the encouragement of Preacher Zechariah, teachers and counsellors, I benefited a lot. I enjoyed the fellowship and living together in the church.

Through this experience, I look forward to participating in the upcoming year 2013 Upper Primary Bible Camp.

Hallelujah, Amen.

By: Daniel Mah
Upper Primary Class
Petaling Jaya Church



'Does God Really Exist?'

I believe some of the brothers and sisters who are about my age have given much thought to this question, "Does God Really Exist?" since we cannot see nor touch Him. As stated in the Bible, men cannot see God or else he will die. (Exodus 33:20). It is only through experience that we can know the existence of God.

For example, when the wind blows, although we can't see nor touch it, but we can feel it. Below are some ways that we can experience the existence of God.

A) Prayer

When we ask or seek help from God in our prayer, God answers. The answer might not be immediate but it will surely come. I have always wanted a younger brother or sister and my prayers were answered after many years when my mother gave birth to twin boys.

B) Receiving the Holy Spirit

As we know, the Holy Spirit is the Spirit of God. When we receive the Holy Spirit, we will feel the power of God and speak in tongues automatically.

C) Miracles

There are always miracles in our lives. For example, serious illnesses are healed after prayers and some are able to see the precious blood of Jesus Christ during baptism. All these cannot be performed by men, but by the power of God.

D) Signs Of The End Of The Time as recorded in Bible (Mark Chapter 13)

For example, there will be earthquakes in various places, famines, true members will face persecution and many disasters will happen. The fulfilling of all these prophecies prove the existence of God.

There are many other ways one can experience God. I pray that God will always dwell with us until His second coming. At that time, I believe we can see Him face to face. Amen.

By: Amanda Quek
Upper Primary Class
Klang Church



Character Study



Abel

Abram Mah
Upper Primary Church
Petaling Jaya Church

In the Name of the Lord Jesus Christ I share my research. Today, my topic of discussion is about Abel, a character in the Bible. This character can be found in Genesis 4: 1-16.

As many of you know, Abel is the second son of Adam, the first man, and Eve, the first woman. Adam and Eve had two sons, namely Cain and Abel, and of the two sons, Abel outshone his brother in his virtues. As an adult, he worked as a shepherd while his brother Cain, worked as a farmer.

When it was time for offerings to be made to the Lord, Abel offered the best portions of the firstborn in his flock, whereas Cain did not offer the best of the fruits he grew. This resulted in the Lord favoring Abel over Cain and of course, made Cain very angry.

It was never that the Lord took sides and sided Abel and his offering. Instead, it was Abel's heart that was the better of the two brothers as he offered the best but Cain did not. Cain however did not realize this but instead grew jealous over his brother Abel.

Cain soon brought the innocent Abel to a field and there he killed

Abel in a rage. The Lord soon knew about this brutal murder of Abel and as a punishment for Cain's wrongdoings, Cain was cursed to become a restless wanderer from that day onwards. This murder made Abel the first man to die and also resulted in Cain becoming the first murderer.

From this Bible story, the virtue we can learn from Abel is to offer the best to the Lord. Offering to the Lord need not only be about money, but also in terms of time and moral support. We should also offer the best to the Lord, as the Lord will in return bless us abundantly if we do so; whether we are contributing in the form of money, helping the church or visiting those who are ill.

With this, I would like to conclude my sharing on the Bible character Abel with a verse from the Bible.

"Through Jesus, therefore, let us continually offer to God a sacrifice of praise - the fruit of lips that confess his name."
(Hebrews 13: 15)

May all glory be given back to the Lord. Hallelujah, Amen.

Choices



In the course of our lives, we meet many intersections. These are instances in which we often have to make choices. Which path we take is our choice; and at the end of road, we may experience the consequences of taking that path.

My family made the choice to relocate to a foreign land several years ago. Relocating to a different land is daunting; leaving the comfort of home, and all that is familiar to you. That was my first major intersection.

I have always tried to keep the faith, to stay on the right path and not stray away. Keeping the faith in this foreign land proved challenging, for atheism has its roots deep in its society. The theory of evolution is taught in school as though it is the law, instead of a theory.

No TJC churches are established in the country we settled in, and this proved to be a major hindrance in terms of keeping the faith. There were many Catholic and Protestant churches, but their religious

practices did not compliment ours.

My family resorted to listening to the online sermons posted on the IA website. Even though we don't go to a church, we are able to listen to the words of God through this website.

My family and I have lived abroad for a few years now. We have grown closer together, and we have so far kept the faith. We have our own family worship daily and on every Sabbath day. During family worships, we share the words of encouragement, discuss the events of the day and pray. We offer prayers of thanksgiving for the day the Lord has granted and then to ask for His guidance for the coming new day.

I find that, often when we read the Bible, we find that certain verses relates to events that take place in our life. These verses encourage us and give us the strength to face the obstacles that lie on our path.

"It is written: 'Man does not live on bread alone, but on every word that

comes from the mouth of God,'"
-Matthew 4:4

The verse above always reminds me that it is important to rely on God and to not seclude oneself from God. I have witnessed many bad facets of atheistic society; and all the bad facets are mainly caused by people turning their back against God.

I pray that I may stand firm in my faith make the right choices in my spiritual life.

By: O.G
Sweden





From my diary

Indonesia Trip

Date :11-15/11/2012

The first day (Sunday)

Klang church brothers and sisters, a total of 68 boarded a flight to Indonesia on 11/11 to visit the churches. It took about two hours to reach our destination. When we arrived at the airport in Jakarta, Indonesian Association Deaconesses Priscilla and several brothers and sisters came to meet us, and then we took a bus to Bandung Hotel. Bandung's weather is cool and we felt very comfortable.

The Second day (Monday)

The next morning, after breakfast, we visited the Perahu Volcano. We were able to see the black lava which was ejected after the explosion of the volcanic eruptions. I also bought twenty keychains which were made from black stones in different shapes. I was so happy! Next to the volcano, I could detect the smell of sulfur in the air. After lunch, and feeling very full, we went shopping. My mother bought a football shirt for me, I was so happy. Two hours later, we went to Bandung Church for dinner and had fellowship with brothers and sisters. After that, we returned to Bandung Hotel.

On the third day (Tuesday)

After breakfast, we departed for a visit to Chiang Yu Church and Canaan School. In the Canaan School, I saw many students involved in a variety of activities; playing basketball, playing chess in school and eating in the cafeteria. Originally, the church and school were located in the same premise. Then we ate lunch and later we visited the Wild Animal Zoo. It was slightly drizzling when we were on the bus on our way to the zoo. When the rain stopped, we were able to enjoy all kinds of animals created by God. We walked to the hilltop to watch the cowboy show performed by the red Indians. The cowboys' performance was really wonderful. Though we were scared, we were laughing as we watched the motorcycle acrobatics. With wide eyes and open mouths, we saw the speeding motorcycle in the huge iron ball and we were amazed! Then we continued to watch the lions' performances. The lions have been trained for this show. I did not expect that lions can perform so well. After that, we went out for dinner, and because we felt so full, we went to the shopping mall to loiter around till ten p.m. before returning to the hotel to sleep.

Fourth day (Wednesday)

On the fourth day, we visited the General Assembly of Indonesia and Shun De Church. It was even more difficult to imagine! It is a five-storey building, way high up! The classrooms are huge and there are classes for the youth. An elevator is in the process of being built. This is for the convenience of members going up and down the building. Then we visited the Indonesian Mini museum. There are many carvings, jade bed, jade ship, ivory, ginseng fruit trees, etc. The sculptures are of historical value and were given by other countries as gifts to President Suharto during his reign. There are also many kinds of traditional Indonesian houses for us to admire.

The next stop is to Global Canaan School. This school is run by the General Assembly of Indonesia and there are about a thousand or more students. The students are our church brothers and sisters as well as non-Christians. I saw a larger than I could imagine indoor basketball court, science laboratories, computer rooms, a dance studio, and others. After that, we took a bus to Jakarta Church and enjoyed a sumptuous dinner. That night, we participated in a fellowship programme.

It started with speeches given by the local preachers and deacons. Then, Klang Church sung with much spirit the song "In Jesus Christ". Next, the older church brothers and sisters of Jakarta church played the Angkelong, an Indonesian bamboo musical instrument. Then the children of Klang Church also sang two hymns. Then the middle-aged and the youth choir of Jakarta church presented songs of praise. The youth choir sang a beautiful hymn and they sang it really well. After the end of the fellowship programme, we said goodbye. Reluctantly, we went back to the hotel to rest.

The fifth day (Thursday)

This day is the last day. We flew back to Malaysia. We were very happy to have visited Indonesia. On my next trip, I would like to go to Indonesia to visit more places. We returned home safely.

By: Amos Chang Yu Qian
Upper Primary Class
Klang Church



My Experiences in London



“Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain.”

When I first arrived in London, the usual emotions were there: excitement, eagerness, anxiety and fear. I'd been to London before, and doing Londoner things such as riding the tube were no new experiences; what was different from previous visits was that I was no longer coming as a tourist - I had to live here. Travelling all on my own was also a new undertaking and rather daunting as I didn't know anyone in London. I have arrived at one of the most cosmopolitan and populated cities - completely alone.

My first few weeks at the University College London were filled with hassle. I had to move into my hall of residence, learn to cook, shop for groceries, acquaint myself with London and at the same time make new friends and prepare for the challenging year ahead. While I enjoy my fill of new challenges and experiences, it's always good to have somewhere to go back to, somewhere you can call home. Being a foreigner and having to develop new routines meant that nothing really felt familiar yet - nothing until I arrived at the doors of the True Jesus Church in London.

When I arrived at TJC London at Old Street, I was warmly received and greeted by everyone (I'd been in contact with a brother prior to my arrival via email) and introduced to the youths. Although I'd only been there a while, most things felt natural and familiar: the pre-hymnal session, praying with fellow TJC members and listening to sermons. Before I knew it, I was part of the youth group and I was tagging along for outings and dinner with other youths and, I started to feel at home. Thank God that in a short span of time, I went from nascent foreigner to full-fledged Londoner: getting annoyed with those not standing on the left on escalators (so that those who are in a hurry can walk/run down the right hand side), looking for cheap meal deals in Sainsburys, and getting used to 20 minute walks become the norm.

Moving abroad really embedded a sense of independence and responsibility in me- having to resist the strong temptations of blowing all my money on football match tickets or eating fast food everyday wasn't easy. But, it also meant maturing in my faith. For the first time, I had complete liberty; I could choose whether I would go to church or not. I'd heard so many stories from friends of other Christian denominations of youths who had backslid after moving to other countries to live independently. My choice to continue to go to church really showed me that my core values and foundation of Christianity were strong. I've always felt that being born into Christ and into a Christian family,

and not being able to choose whether I wanted to be a Christian or not made my faith weaker than truth seekers-cum-members who had discovered their own faith. I now see and am deeply convinced that if I hadn't been brought up in Christ, moving anywhere else (let alone across the world) might have led to a weakening in my faith in God. However, I feel that I've grown closer to God more than anything else. I'm now a regular member and part of TJC London's congregation. I've built a home in London over the past 9 months that could not have been anywhere nearly as fulfilling without God. As Psalms 127:1 says, ***“Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain.”*** That's not to say I have totally forgotten Cheras church, the church where I religiously attended services almost 3 times a week for 18 years. It will take much more than 9 months away to get that to happen ;).

By: Marcus Chang
(Cheras Church)





Little Reflections

Reflections and lessons of life

Mummy wouldn't know

Younger daughter: McDonalds opens 24 hours.

Mummy: How did you know?

Younger daughter: I asked my elder sister and she told me.

Mummy: Why don't you ask mummy?

Younger daughter: Because I thought mummy wouldn't know.

Somehow along the way, my eldest has become more knowledgeable than me in the eyes of my youngest. I kept on wondering why my youngest thinks I wouldn't know. Maybe it is because I always treat them as equals or maybe to them I am just another kid. As mummy is not always reading the encyclopaedia as opposed to her sister, her sister is more knowledgeable. **In a way, because they feel that I do not know many things, they have somehow found their own ways to find out things by themselves which is good.**

Parent Child Communication

When I was a primary school kid, I got many invitations to birthday parties. I wanted to attend but was always rejected without any explanations. As a kid, I felt that I was not listened to, that what I said was never good enough and friends would probably understand me better than my parents. I started to shy away from telling my parents things about myself. If I do not talk to my parents, they would not know what I am thinking or feeling and would not have been able to guide me.

When I studied overseas, I felt freedom as there were no parents around to control me and I could do as I please. I was lucky that I did not mix with bad company and did not make any bad decisions that I would regret, but I could have as my parents were not around to watch over me.

Parents need to know what the kids are doing so that they can guide them if they go astray. To know what kids are doing, they must be willing to talk to you. I would like to share some tips on com-

munication which works for me. First, you need to find time to communicate, talk to the kids and listen to them.

Find time to Communicate

When my daughters were 6 and 5, I noticed that they will tell many things to their Religious Education teacher who came over to stay for the night. I asked them, "Why don't you tell mama and papa all these things?" Their answer, "You are TOO BUSY" left me stunned. There is just so much truth in what they said. How many of us parents are too busy to communicate with our kids? We could be in the same house but too busy doing our own things and not communicating with our kids.

From that day, I made it a point to **establish a habit of daily communication with the kids.** Every night, when I tuck them into bed, we will tell each other what we enjoyed the most or what made us sad about the day. **I will tell them what worries me or makes me happy and they will do the same.** It is a very good way to share our feelings, and indirectly I feel that I am **passing on my values to them as I tell them what is important to me.**

Apart from that, every night our family will hold a family altar of bible reading, hymnal singing and prayer for about 30 minutes. It is a time when the whole family sits down and spends time together with each other and God. Another method for us is to go on trips together. On Sundays, we will usually go out as a family for hiking, jogging, cycling or have a barbecue in the garden of our house. Time is required to communicate. If effort is put in, you will definitely see the result of a peaceful family.

Talking to kids

There was a period of time when my husband was really stressed up with his job to the point that he was experiencing slight depression. Kids can sense that daddy is not his usual self. I will then talk

to them and explain that daddy is stressed up with his job and ask them to pray together for daddy, to ask God to give daddy peace and not to disturb him. **Sharing your problems with the kids is actually a very effective way of communication as they will feel that they are treated as individuals and will learn from how you share with them and in return, they will share with you.**

Listening to kids

The rental of the apartment that we lived in previously was expensive and above market rate. When our contract ended, we decided to look around for alternative accommodation. We looked at about 10 places and discussed with the kids on what they thought of each place. They said things like, "We like this place as there are 2 toilets and we do not need to wait for each other." "We like this place as there is a compound for us to run around the house." We listened to them, took what they said as inputs and made decisions on which place to rent. Many a times as adults, we may feel that what the kids said are trivial and unimportant and ignore their inputs but what may seem unimportant to you is important to them at their age. **Listen to them, understand them, because if the kids feel that what they say make a difference and that they are being heard, they will continue to tell you other things.**

Everyone needs someone to talk to. **Would you prefer that your kids trust in companions who may impart values that go against our faith, or would you rather your kids trust you enough to be their companion so that you will be able to guide them to seek and trust God?** It is your choice. It is important to put in the effort and heart to communicate with kids; treat them as individuals, talk to them and listen to them.

By Jenny Saito (Japan)



REU OF TRUE JESUS CHURCH SYDNEY, AUSTRALIA

The church in Sydney has always placed a strong emphasis on religious education. We indeed thank God that we have a strong army of devoted teachers, with some of our RE teachers still serving after over 20 years of being RE teachers in the Sydney church! Sydney church runs classes for Kindergarten, Lower Primary, Upper Primary, Junior Youth, Intermediate Youth and Senior Youth students. Each class has a dedicated group of teachers who commit themselves to pass on the Word of God to the next generation.

THE RE TEACHERS

Sydney Church has around 31 RE teachers, who are divided up into their respective classes, with some overlap in personnel. The RE teachers meet together at the end of every term to ensure the smooth running of this important divine work. They gather at church at 10 am every Sabbath morning to pray and are required to attend the senior class as observers if they are not teaching during that time.

THE PROGRAM

The RE unit organises the year's RE classes, which officially start at the opening of the school year. Besides RE classes, there is also RE counselling, held every second month. The counselling sessions are topical, helping students with the more "everyday" issues of life, where topics can range from purity to time management. Every other month, there is an RE prayer session, where all the students, teachers and parents gather together after the Sabbath afternoon service to pray together. The church also has an RE prayer scheduled for the closing prayer of the second Sabbath afternoon service of every month.

ACTIVITIES

In addition to these weekly / monthly program items, the RE unit holds an RE month around the month of September. After every Sabbath afternoon service of that month, the students of each class would present a short item to the congregation about what they had learned throughout the year, while linking their presentation to the set RE theme. There is also an RE outing each year, where the whole RE unit (teach-

ers and students) as well as the parents all have an outing together, usually at a park where we can share a fellowship barbecue/picnic and play some games.

The Sydney Church also holds a once a year bible camp for Lower Primary, Upper Primary, Junior Youth and Intermediate Youth students. This is a one-day event held at church and organised by the local RE unit. We thank God that the bible camps have been edifying not only for the students who have participated, but also for the teachers who have learned much through preparing the entire day's activities and lessons.

Whilst not part of the RE system, RE students tend to participate in choirs after the Sabbath services. The Lower Primary students can participate in the informal children's choir, while the rest of the RE students participate in the Junior Choir. Junior Youth and Intermediate Youth students also join in the Sydney Church Choir.

THE CLASSES

Kindergarten

The Kindergarten class has grown in the recent years to a fairly large class of over 10 children. As such, there is always an assistant teacher to help the lesson teacher to look after the children. At this young age, the children are taught to sing hymns to praise God, how to pray and to listen to bible stories. These classes run during the afternoon Sabbath service.

Lower Primary

Whilst not as big as the present Kindergarten class, the Lower Primary class is still quite large. With around 5 bright-faced and energetic young students, the class is lively and the lesson teacher has an assistant to help out during class. The children sing a variety of songs of praises before class and before listening to stories and doing activities. These classes run during the afternoon Sabbath service.

Upper Primary

This is a fairly small class. Students in this class are in the final three years of primary school and they have a small band of

teachers preparing them for the exciting years of high school, which lie ahead of them. This class runs during the main RE class session right before the Sabbath afternoon service.

Junior Youth

Junior Youth is for students at the beginning of their high school years. These years are essential in cultivating good Christian soldiers for the Lord and inculcating good Christian values. This class runs during the main RE class session right before the Sabbath afternoon service.

Intermediate Youth

This class is catered for students in the final years of high school. This is the last group of interactive RE classes and students study into topics such as the history of the church, Christian living and books of the bible. This class runs during the main RE class session right before the Sabbath afternoon service.

Senior Youth

This class is directed at youths who have just left high school and are still of a young and fresh age, ready to start their own careers in the world. This class is held as a lecture, which is a detailed study into each chapter of the bible. Books studied include the Minor Prophets, Luke, Exodus and Kings. This class runs during the main RE class session right before the Sabbath afternoon service and is open to the entire congregation.

So that's the RE system in the Sydney Church. May all glory be given to God.





My Witnessing



Amanda Quek
Upper Primary Class
Klang Church



In the name of Jesus, I bear a testimony. My name is Amanda Kwek and I am from Klang Church. My testimony is about my twin brothers. Their names are Ian Kwek and Ivan Kwek. I am 11 years old and my brothers are 3 years old now.

When I was about 4 years old, I wished my parents would give me a sibling. I wanted to have a brother or sister because I was lonely and have no one to play with. So, we prayed to God and asked for a sibling. I did not understand why God did not answer our prayers immediately, but my parents told me that we need to be patient. God will have His own time in answering our prayers, we just have to continue praying and trust in Him.

One day, after 4 years, my mother was not feeling well and kept on vomiting, so, my father brought her to the clinic. The doctor said my mother was pregnant and my parents shared the good news with me. I was very happy and was jumping with joy and shouted that God has answered our prayers. I told everyone I met for the next few days about the good news. It was indeed a double blessing from God when we found out shortly that my

mother was expecting twins. Both my parents do not have any twins in their family history and the doctor was surprised too. After they were born, I had to help my mother take care of them. They required a lot of attention and work was around the clock.

I pray that God will continue to guide and bless my brothers, so that they will grow up in the Lord and serve Him. My testimony ends here.

All glory to God. Amen.





Hallelujah, in the name of Jesus Christ I bear testimony. This is the testimony of how I received the Holy Spirit. I received the Holy Spirit during the Junior Youth Bible Camp this year. When I was praying for Holy Spirit, I asked myself; why do I need to pray for the Holy Spirit? Why can't I receive the Holy Spirit later? I have a lot of questions, but I found the answers to them during the Bible Camp that I have attended this year.

I attended the Junior Youth Bible Camp in the middle of this year. First, when I came to know that the camp was going to be held in True Jesus Church Port Dickson and it was to last for five days, my heart sank. I have never been far away from home for such a long time. At first, I was not interested to attend the camp, but somehow I changed my mind at the eleventh hour and joined the camp.

When I arrived at the church, I began to miss home and started to cry. I was homesick. I tried many times to contact my parents to fetch me home, but they did not agree. My parents gave me a lot of excuses for being unable to take me home. So, I had no choice but to stay on at this Bible Camp.

On the third day, a preacher's wife told me that whenever I felt home sick and did not know what to do, I could pray to God and tell Him my problems. Since then, I started to tell God my problems during my prayer at every prayer session. I was doubtful about this, because even though I knew that God would always answer our prayers but, will God really answer my prayers? I wondered...

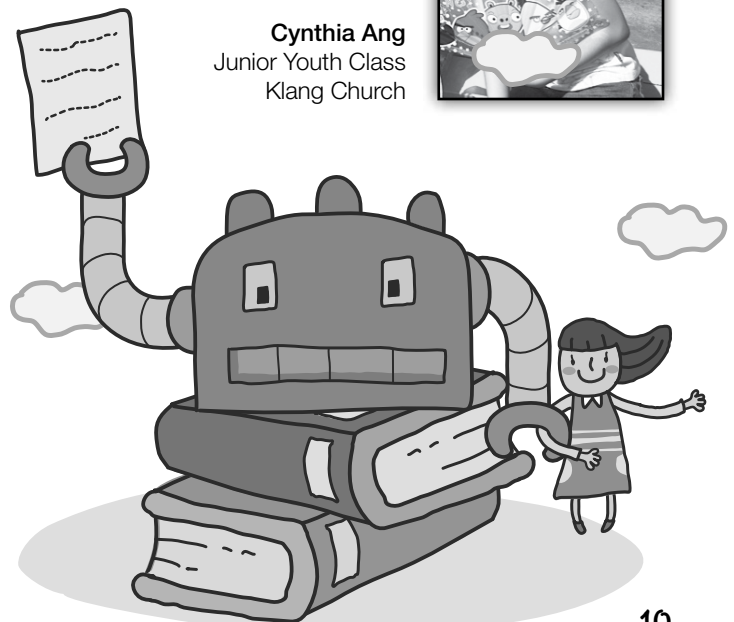
During the prayer session that day, I told God about all my problems. I must have prayed hard with intense feelings. I could feel that I was moved by the Holy Spirit during the prayer session that followed.

Thank God, I received the Holy Spirit on the very last prayer session of the bible camp. When I received the Holy Spirit, I felt myself embraced by a kind of warmth, like being cuddled by my father. It felt very comforting and it touched me deeply spiritually. My faith in God has become stronger. Now I have learned to trust in God, it is the right thing to do. As stated in Matthew 7:7-8, "Ask and it will be given to you; seek, and you will find; knock and it will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

Amen



Cynthia Ang
Junior Youth Class
Klang Church





Hark the Little Ones I was chosen by God

In the name of Lord Jesus Christ I bear testimony of God's grace for me. I have been attending True Jesus Church since I was four years old. I still remember that it was Dn Tan's family who brought me to church every Sabbath day. My aunty gave my mother a suggestion for me to attend church and join REU classes and my mother agreed. Dn Tan brought me to church every Sabbath day because my house was nearer to his house. I would follow them happily to church and my parents were amazed as I left home without crying even though I just got to know Dn. Tan's family. Maybe this was God's will to allow me to have this opportunity to know the true God. I enjoyed listening to the bible stories told by REU teachers. I also made many friends in church.

Soon, my parents were moved by love of the church members. They started attending church services, but not every Sabbath day. Church members were friendly to us and served us with all their heart. Then, we also started to pray to God before bed time. After two years attending church services, my parents accepted the truth and we all accepted water baptism in the year of 2002 and became members of this big family in Church.

I attended REU classes as usual, and my parents participated in the adult fellowship. Our faith in God grew stronger every year. We also attended Friday evening services after baptism and participated in more activities and divine work. Our relationship with God became closer.

I was moved by the Holy Spirit for the first time when I was eight years old. That was an unforgettable day for me. When I woke up in the early morning, I felt sick. I thought this was because of my dishonesty. I prayed to God to forgive me for what I had done. I prayed loudly for an hour with tears and sweat. I really hoped God could show mercy upon me. My mum also prayed together with me. After that day, there was also a few other occasions when I was moved by the Holy Spirit. Later, I joined the Upper Primary Bible camp which was held in Klang Church when I was in Primary Four. I prayed as hard as I could to be filled with the Holy Spirit. That time, I did not get the Holy Spirit, but I would not give up and targeted to receive the Holy Spirit the following year.

When I was in Primary Five, I joined the second year of the Bible Camp. I could hear the voices of my friends praying loudly during the praying session. These voices gave me a lot of encouragement during my prayer. During the Bible Camp, my friends and I prayed for the Holy Spirit together in the church hall even after the last prayer session for the day had ended and soon, more and more friends came and joined in our prayer. I felt warm during my prayer and kept weeping. I continued praying for the Holy Spirit with all my heart and I told God the reason I needed the Holy Spirit. The preacher could also hear the sound of my

prayer from the preacher's room. The preacher came down and laid hands on us. After he rang the bell, he shared some bible verses to give us more encouragement to pray harder the next day. Many of us were touched by the Holy Spirit that night and the floor was wet from the tears and sweat.

The next day, I believe all the students in the Bible Camp prayed harder than the two days before. Thank God, I received Holy Spirit during a prayer session. I was so happy and I kept praising the Lord. After the Bible Camp, although I am not perfect and still have many weaknesses, I felt many changes in me as I know the Holy Spirit will continue to guide me through everything. This is the best experience in my entire life, one that I will never forget and will always treasure. "Ask and it will be given to you; knock and the door will be opened for you."(Mt 7:7)



Sim Jing Yuan
Junior Youth, Class Klang Church





Raising Children To Walk in Faith

My mother was a persistent parent who believed in raising her children in the faith she grew up with. Both my parents shared the same beliefs and values when it comes to raising children in Christ. No matter how busy they were, they made sure we attended RE classes regularly. At home, my mother would read the Bible and prayed with us. She did not keep regular times but she managed to do this despite her hectic schedule. She always said, "Where there is a will, there is a way." She also told us that we must trust in God and nothing is impossible with Him.

Today, as a mother of two teenage girls, I am trying to follow her footsteps. Raising children in the faith and putting God first in all the things we do can be quite challenging. We are constantly subjected to social pressure, putting us in a bind over what we do whether it is pleasing to God and not to man.

In Deuteronomy 6:7 *"And thou shalt teach them diligently, unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up."*

Our children are entrusted to us by God to play a responsible role in their upbringing. They are nurtured and guided in the path of righteousness. Parents must always speak the Word of God to their children. I would say to my children, "God is taking care of you every day."

In Isaiah 59:21, *"As for me, this is my covenant with them, saith the LORD; My spirit that is upon thee, and my words which I have put in thy mouth, shall not depart out of thy mouth, and when thou, nor out of the mouth of thy seed, nor out of the mouth of thy seed's seed, saith the LORD, from henceforth and forever."*

From an early age, my children learned to talk to God in their prayers. Whenever they felt scared or worried, we would say to them, "Let's pray and ask God..." or "Let's pray and thank God..." or "Let's pray and seek God's forgiveness..."

These words may sound indifferent to those who are unbelievers or have yet to experience God's grace and mercy. To those who have laid down their worldly cares upon Jesus, know that this is the only way to encourage our children to put their faith in God.

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." (Matthew 7:7)

Children are always losing things in school, at home and practically, everywhere they go. Sometimes, they get very upset when they lose a treasured item. When this happens in my family, we will encourage the children to pray first before searching. The results have been- well, they often find what they are looking for.

You may ask, what about the times when they could not find after prayers? These are great opportunities to talk about how God works in our lives to our children. God's ways are not man's ways. He grants our prayers to help us, not to harm us in anyway. When we cannot find something we have been praying for, we may have to do some self-examining. We must always trust God to give us what He knows is best for us.

One of our favourite activities as a family when the children were growing up is Bible storytelling sessions, mostly done during bedtime. The girls really enjoyed listening to their father read them the stories. Nowadays, they are discussing the Bible stories, sharing their opinions and voicing their feelings. In Colossians 3:16, we learn that *"Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."*

I remembered when my girls and I were residing for 10 weeks in Margaret River in Western Australia. We felt very homesick because we were far away from home as well as being in a place where the nearest True Jesus Church would take us on a 5-hour bus ride. The one comforting thing for us was being able to sing hymns together. My girls were six and eight years old respectively. We believe, "a family that prays together, stays together". We have family prayers in our daily routines. In the book of Isaiah, we are encouraged to set up 'house of prayer', following the example of *"mine house shall be called an house of prayer for all people." (Isaiah 56:7)*

Prayers have certainly kept my family together, and comforted us through bad times and helped us to rejoice in good times. Our children need more than just physical solace from their earthly parents. They grow spiritually strong when they have God with them. They are more reassured

when they know that they can turn to God even when their parents are not around.

Prayers invite the presence and power of God into our circumstances and into our lives. Children growing up praying for themselves, for their families and friends get to experience the power in prayers.

For children to grow up filling their lives with prayers, parents must share their own journey with God. Making mistakes, overcoming challenges and the feeling of hopelessness can also teach children how to draw closer to God. Sharing your personal stories can enhance children's walk with Christ.

Acts 4:31 *"And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost; and they spake the word of God with boldness."*

I was overjoyed when I learned that my daughters received the Holy Spirit during the bible camps they attended. It was surely a blessing to receive the Holy Spirit during their teenage years. Knowing that they are being prepared as 'vessels' to do God's work is reassuring. (2 Tim 2:21). This blessing humbles me as their parent for I know that God can give them far more than I possibly can.

There is a great need for parents to stand by the Word of God unconditionally as well as trusting God in all things. To lead our children to walk in faith, we ourselves have to be their role-models. We have learned in 2 Tim 1:5, that the same faith can be channelled from one generation to another. *"When I call to remembrance the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois, and thy mother, Eunice: and I am persuaded that in thee also."*

My prayer as a parent- Dear God, please help me to be a good parent. My children are blessings from you, entrusted to me to carry out your instructions as Joshua did for the Israelites to enter Canaan. I am merely a tool used by you in your plan for us. I need your strength and your wisdom in every word and action in my parenting. Make me an instrument of your peace, so that my children's lives will be blessed.

By: Ruth Liew
Cheras Church



TEACHER'S CORNER

Some words of encouragement for RE teachers

During the Old Testament era, only the chosen Levites have the right to offer sacrifices and participate in the service to the Lord. Today, through the grace of God, we have been chosen to be the royal priesthood; therefore, we should offer ourselves as living sacrifices (Romans 12:1). There is much divine work for us to carry out in the church, but the workers are too few.....What then is the role played by the RE teachers in their field? Let us study this from the perspective of the scriptures:

"And God has appointed in the church first apostles, second prophets, third teachers" (1 Cor 12:28)

Since we are RE teachers, we should preach, warn and teach every man in all wisdom, so that we may present every man perfect in Christ Jesus (Colossians 1: 28). We should not say to the Lord that we are not eloquent in speech and being so, how can we teach and advise every man? 'Oh Lord, I am not talented, how can I teach every man?' But the Scriptures told us that the Lord will bless us with every spiritual blessing in the heavenly places (Eph 1:3).

"And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ." (Eph 4: 11-12).

When we are weary, we should learn to tell God of our needs and rest in His arms, for He will surely comfort us and drive away the weariness. When we are under pressure, we should share it with our co-workers, because two are better than one, for if they fall, one will lift up his companion and continue the unfinished race (Eccl 4: 9-10). When we are being used by the Lord, we should learn to be humble and gentle. If we should come to know that others have committed any errors or mistakes, we should bear with them in love and endeavour to keep the unity of the Spirit (Eph 4:2). We should always find out what is acceptable to the Lord (Eph 5:10).

On top of that, we should not serve *"not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, rendering service with a goodwill as to the Lord and not to man"* (Eph 6:6-7). When we face with any setbacks, we should not let go easily but stand firm in the Lord (Phil 4:1).

The lamb of the Lord is young, we should teach them with one accord and be the shameless workers of God (2 Tim 2:15).

By: Nancy Lee
Cheras Church





To understand the importance of Religious Education

1. It is the commandment of God

(Deut 6: 4-9)

Even though the kingdom of Israel was destroyed for more than 2000 years, the nations never assimilated with the gentile nations. The people of Israel still managed to uphold their faith in the midst of pagan worshippers. This confirmed the success of their religious education. Likewise, the true church desires to preach the gospel of salvation until the second coming of the Lord (Mt 28:20), therefore, it is imperative that we should put more emphasis on the work of religious education.

2. It is the entrustment of the Lord

(John 21: 15).

- a. This is the entrustment of the Lord (Mt 28:20). Do you not feel that being a RE teacher is an honourable task? The warriors during King Arthur's time felt proud if they could become the Knights of the Round Table.
- b. Teaching is a talent/gift (Romans 12: 6-7). If we have been blessed with such talent, we should realize our commission and thank God that He had granted us the authority to teach others about the Scriptures.

3. It is a way to train up the future ministers of the church

- a. The future pillars of the church: Timothy (2 Tim 3: 15; 1:5). His grandmother Lois and mother Eunice had trained him properly.
- b. Church growth:
- 1) Those who sow will reap the harvest.
 - 2) The migration will cause the church to grow.
 - 3) Natural growth.

We cannot control the first two types of growth. The Lord God wills them to grow under such circumstances. But we should put more effort in the third type of growth to ensure that the church grows naturally.

4. It is a life education (Proverbs 22:6).

- a. Children are just like a piece of white paper, waiting for adults to write something on it. Nowadays, busy families have gradually neglected to teach their children. Therefore,, the RE should fill up the gap and take over the responsibility of teaching children in religious education. We should mould

the stainless steel while it is hot, lest it cannot achieve its objective. There is a Chinese proverb that says; 'we should teach our daughters- in- law when they have just come to our house and we should teach our children while they are still young'.

- b. Children are esteemed by the Lord. We should let our children come before the Lord to receive His blessings (Mk 10: 13-16). Religious education is not merely to instill bible knowledge to our children but it is a life education. We should let the life of Christ grow in their little hearts.

A. RE teachers should lead by

example. We should examine ourselves for improvement and progress.

1. In terms of attending church

services: We need to teach our children to know the true God and to understand the importance of worshipping Him. But, if they have the knowledge of God but are not willing to attend church services to worship Him, are we achieving our objectives? One of the objectives of religious education is to "serve the kingdom of Christ". Attending church services to worship God is the basic means of serving the Lord who puts emphasis on this matter (Mt 19: 20). If RE teachers do not attend church services to worship God, how then can the students emulate the teachers who themselves do not attend church services to worship the Lord. Thus, teachers should lead by example and attend church services regularly to worship God. Just like the example left by the Lord Jesus to us: He loves the temple of God and he was anxious about it like a burning fire.

2. In terms of attire: Believers are observing us, so RE teachers must pay more attention to their attire. In school, there are requirements for the way teachers are to dress; in the office, the company also has certain guidelines on attire for their workers. If we know how to respect and observe the rules and regulations in society, why should we not respect the regulations set by the church? *The Church is not a place for picnics or for amusement purposes; it is a place to worship God. Therefore, if we are not dressed decently, it will give

others an impression that we do not really have to revere God while serving or worshipping Him.

3. In terms of lessons: Teachers must be dedicated in their service to the Lord. There are two important points that we have to take note. *We must be punctual. We place importance on our worldly appointments as we do not want to be late, or worse, not being able to attend the function at all, because by doing so, we may offend the host. Our master is the Lord Jesus not the RE chairperson or the person in charge of religious affairs.

- If the teachers are not punctual, then parents and teachers might follow suit. Everybody will come late for service and go home early; they do not come for service punctually but they want to go home promptly!
- Must prepare their lessons – students know when teachers have not prepared their lessons. If you adopt this casual attitude, the students will not respect you and neither will they listen or obey your words. Then, everybody takes on a laid-back attitude during lessons and waits for dismissal time. Consequently, both parties will not be edified.

B. To obey the teachings of the Lord persistently (2 Tim 1: 6-7).

If a member is willing to be a RE teacher and has the heart to serve the Lord to repay His grace, then he/she will bear the responsibilities of a teacher and become a good example to others. The RE teacher must tend the sheep of the Lord patiently. But sometimes the spirit is weak; so we have to ask the Lord to stir up our spirit and to have the zeal like a fire. We must take up the task persistently and with endurance. By doing so, not only will we save those who listen to us, but ourselves as well.

By: Preacher Daniel Chin





The Love of God

Hallelujah, in the name of the Lord Jesus I share. As recorded in Isaiah 46:9, *'Remember the former things of old, For I am God, and there is no other; I am God, and there is none like Me.'* Indeed, none is like God. John 3:16, *'For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.'*

In the beginning, God created a couple named Adam and Eve. God has put them in the Garden of Eden. The Garden of Eden is symbolically identified as Paradise. While they were living there, God told Adam and Eve that they may eat the fruit of the trees of the garden, but not of the fruit of the tree which was in the midst of the garden. As recorded in Genesis 3:3b, *'God said, "You shall not eat it, nor shall you touch it, lest you die."* But the cunning serpent tempted Eve. Adam and Eve disobeyed God's command; they ate the forbidden fruit from that tree. From that moment onwards, sin came upon mankind.

For us today, we are indeed blessed to be the followers of Christ, and be called the children of God. This is all because God loves us - God is love.

Actually, Jesus need not sacrifice His life for us. But, He loves us. We are His creation, and He is our creator and most importantly, our Savior. Jesus is God; He can choose not to bear the cross. But, Philippians 2:6-8 states; *'who, being consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.'* Ephesians 5:2a, *'And walk in love, as Christ also has loved us and given Himself for us.'* The Lord Jesus is the Lord of lords and the King of kings. He has done nothing wrong, He is sinless; but because of love, the Lord God bore our sins and was nailed on the cross for the sake of mankind. Man cannot save himself, so God sent His only son to save us. For that, He was crucified on the cross for us. On the cross, He suffered for us. He was nailed, whipped, and

He shed His precious blood for us. He gave us His life in order to rescue us from hell and damnation. The pain that He suffered was more than one can describe.

'Now then, we are ambassadors for Christ, as though God were pleading through us; we implore you on Christ's behalf, be reconciled to God. For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.' These verses are recorded in 2 Corinthians 5:20-21. The Love of God is immeasurable. The love of God is as high as the sky, as deep as the ocean. He bore our sins and died for us. He forgives our iniquities. He comforts us when we feel helpless and hopeless; He sets a way for us to talk to Him - through prayers. Through prayers, we talk to the Almighty Lord God on High. We tell Him our problems and He will make us a way, He will never leave us all alone.

Love is the greatest gift of all. Because of love, God sacrificed His only son for us. Therefore, we love, because He first loved us. May He accept us as His disciples. May all glory be unto Thy Name. Amen.

Jayne Ho
Junior Youth Class
Cheras Church





Defence Mechanism

Introduction

You've probably heard people talk about "defense mechanisms," or ways that we protect ourselves from things that we don't want to think about or deal with. The term got its start in psychoanalytic therapy, but it has slowly worked its way into everyday language. Think of the last time you referred to someone as being "in denial" or accused someone of "rationalizing." Both of these examples refer to a type of defense mechanism.

In Freudian psychoanalytic theory, a defense mechanism is a tactic developed by the ego to protect against anxiety. Defense mechanisms (or defense mechanisms) are unconscious[1] psychological strategies brought into play by various entities to cope with reality and to maintain self-image. Defense mechanisms are sometimes confused with coping strategies. Healthy persons normally use different defenses throughout life. An ego defense mechanism becomes pathological only when its persistent use leads to maladaptive behaviour such that the physical and/or mental health of the individual is adversely affected. The purpose of ego defense mechanisms is to protect the mind/self/ego from anxiety, social sanctions or to provide a refuge from a situation with which one cannot currently cope.

According to Freud, anxiety is an unpleasant inner state that people seek to avoid. Anxiety acts as a signal to the ego that things are not going right. Defense mechanisms are thought to safeguard the mind against feelings and thoughts that are too difficult for the conscious mind to cope with. When anxiety occurs, the mind first responds by an increase in problem-solving thinking, seeking rational ways of escaping the situation. In some instances, defense mechanisms are thought to keep inappropriate or unwanted thoughts and impulses from entering the conscious mind. For example, if you are faced with a particularly unpleasant task, your mind may choose to forget your responsibility in order to avoid the dreaded assignment. If this is not fruitful (and maybe anyway), a range of defense mechanisms may be triggered. These are tactics which the Ego develops to help deal with the Id and the Super Ego.

Freud identified three types of anxiety:

1. **Neurotic anxiety** is the unconscious worry that we will lose control of the id's urges, resulting in punishment for inappropriate behavior.
2. **Reality anxiety** is fear of real-world events. The cause of this anxiety is usually easily identified. For example, a person might fear receiving a dog bite when they are near a menacing dog. The most common way of reducing this anxiety is to avoid the threatening object.

3. **Moral anxiety** involves a fear of violating our own moral principles.

Vaillant's categorization of defence mechanisms

Level 1 - Pathological

The mechanisms on this level, when predominating, almost always are severely pathological. These four defenses, in conjunction, permit one to effectively rearrange external experiences to eliminate the need to cope with reality. The pathological users of these mechanisms frequently appear irrational or insane to others. These are the "psychotic" defenses, common in overt psychosis. However, they are found in dreams and throughout childhood as well.

They include:

- **Delusional Projection:** Grossly frank delusions about external reality, usually of a persecutory nature.
- **Denial:** Refusal to accept external reality because it is too threatening; arguing against an anxiety-provoking stimulus by stating it doesn't exist; resolution of emotional conflict and reduction of anxiety by refusing to perceive or consciously acknowledge the more unpleasant aspects of external reality.
- **Distortion:** A gross reshaping of external reality to meet internal needs.
- **Splitting:** A primitive defence. Negative and positive impulses are split off and unintegrated. Fundamental example: An individual views other people as either innately good or innately evil, rather than a whole continuous being.
- **Extreme projection:** The blatant denial of a moral or psychological deficiency, which is perceived as a deficiency in another individual or group.

Level 2 - Immature

These mechanisms are often present in adults and more commonly present in adolescents. These mechanisms lessen distress and anxiety provoked by threatening people or by uncomfortable reality. People who excessively use such defenses are seen as socially undesirable in that they are immature, difficult to deal with and seriously out of touch with reality. These are the so-called "immature" defenses and overuse almost always leads to serious problems in a person's ability to cope effectively. These defenses are often seen in severe depression and personality disorders. In adolescence, the occurrence of all of these defenses is normal. They include:

- **Acting out:** Direct expression of an unconscious wish or impulse in action, without conscious awareness of the emotion that drives that expressive behaviour.
- **Fantasy:** Tendency to retreat into fantasy in order to resolve inner and outer conflicts.
- **Idealization:** Unconsciously choosing to perceive another individual as having more positive qualities than he or she may

actually have.

- **Passive aggression:** Aggression towards others expressed indirectly or passively such as using procrastination.
- **Projection:** Projection is a primitive form of paranoia. Projection also reduces anxiety by allowing the expression of the undesirable impulses or desires without becoming consciously aware of them; attributing one's own unacknowledged unacceptable/unwanted thoughts and emotions to another; includes severe prejudice, severe jealousy, hypervigilance to external danger, and "injustice collecting". It is shifting one's unacceptable thoughts, feelings and impulses within oneself onto someone else, such that those same thoughts, feelings, beliefs and motivations are perceived as being possessed by the other.
- **Projective identification:** The object of projection invokes in that person precisely the thoughts, feelings or behaviours projected.
- **Somatization:** The transformation of negative feelings towards others into negative feelings toward self, pain, illness, and anxiety.

Level 3 - Neurotic

These mechanisms are considered neurotic, but fairly common in adults. Such defenses have short-term advantages in coping, but can often cause long-term problems in relationships, work and in enjoying life when used as one's primary style of coping with the world.

They include:

- **Displacement:** Defence mechanism that shifts sexual or aggressive impulses to a more acceptable or less threatening target; redirecting emotion to a safer outlet; separation of emotion from its real object and redirection of the intense emotion toward someone or something that is less offensive or threatening in order to avoid dealing directly with what is frightening or threatening. For example, a mother may yell at her child because she is angry with her husband.
- **Dissociation:** Temporary drastic modification of one's personal identity or character to avoid emotional distress; separation or postponement of a feeling that normally would accompany a situation or thought.
- **Hypochondriasis:** An excessive preoccupation or worry about having a serious illness.
- **Intellectualization:** A form of isolation; concentrating on the intellectual components of a situation so as to distance oneself from the associated anxiety-provoking emotions; separation of emotion from ideas; thinking about wishes in formal, affectively bland terms and not acting on them; avoiding unacceptable emotions by focusing on the intellectual aspects (e.g.

isolation, rationalization, ritual, undoing, compensation, magical thinking).

- **Isolation:** Separation of feelings from ideas and events, for example, describing a murder with graphic details with no emotional response.
- **Rationalization (making excuses):** Where a person convinces him or herself that no wrong was done and that all is or was all right through faulty and false reasoning. An indicator of this defence mechanism can be seen socially as the formulation of convenient excuses - making excuses.
- **Reaction formation:** Converting unconscious wishes or impulses that are perceived to be dangerous into their opposites; behaviour that is completely the opposite of what one really wants or feels; taking the opposite belief because the true belief causes anxiety. This defence can work effectively for coping in the short term, but will eventually break down.
- **Regression:** Temporary reversion of the ego to an earlier stage of development rather than handling unacceptable impulses in a more adult way.
- **Repression:** The process of attempting to repel desires towards pleasurable instincts, caused by a threat of suffering if the desire is satisfied; the desire is moved to the unconscious in the attempt to prevent it from entering consciousness; seemingly unexplainable naivety, memory lapse or lack of awareness of one's own situation and condition; the emotion is conscious, but the idea behind it is absent.[citation needed]
- **Undoing:** A person tries to 'undo' an unhealthy, destructive or otherwise threatening thought by engaging in contrary behaviour.
- **Withdrawal:** Withdrawal is a more severe form of defence. It entails removing oneself from events, stimuli, interactions, etc. under the fear of being reminded of painful thoughts and feelings.

Level 4 - Mature

These are commonly found among emotionally healthy adults and are considered mature, even though many have their origins in an immature stage of development. They have been adapted through the years in order to optimize success in life and relationships. The use of these defences enhances pleasure and feelings of control. These defences help us to integrate conflicting emotions and thoughts, whilst still remaining effective. Those who use these mechanisms are usually considered virtuous.

They include:

- **Altruism:** Constructive service to others that brings pleasure and personal satisfaction.
- **Anticipation:** Realistic planning for future discomfort.
- **Humour:** Overt expression of ideas and feelings (especially those that are unpleasant to focus on or too terrible to talk about) that gives pleasure to others. The thoughts retain a portion of their innate distress, but they are "skirted round" by witticism, for example Self-deprecation.
- **Identification:** The unconscious modelling of one's self upon another person's character

and behaviour.

- **Introjection:** Identifying with some idea or object so deeply that it becomes a part of that person.
- **Sublimation:** Transformation of negative emotions or instincts into positive actions, behaviour, or emotion.
- **Thought suppression:** The conscious process of pushing thoughts into the preconscious; the conscious decision to delay paying attention to an emotion or need in order to cope with the present reality; making it possible to later access uncomfortable or distressing emotions whilst accepting them.

Anna Freud's Defense Mechanisms include:

- **Denial:** claiming/believing that what is true to be actually false.
- **Displacement:** redirecting emotions to a substitute target.
- **Intellectualization:** taking an objective viewpoint.
- **Projection:** attributing uncomfortable feelings to others.
- **Rationalization:** creating false but credible justifications.
- **Reaction Formation:** overacting in the opposite way to the fear.
- **Regression:** going back to acting as a child.
- **Repression:** pushing uncomfortable thoughts into the subconscious.
- **Sublimation:** redirecting 'wrong' urges into socially acceptable actions.

All Defense Mechanisms share two common properties :

- They often appear unconsciously.
- They tend to distort, transform, or otherwise falsify reality.

In distorting reality, there is a change in perception which allows for a lessening of anxiety, with a corresponding reduction in felt tension.

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TJC MYANMAR RE 2012 NEWSLETTER

DUTIES OF PARENTS

Some say that a home cannot be happy without children. Yes, parents are to realize that their children are a precious heritage from the Lord Beside providing for their basic needs of food, shelter and clothing (1Tim5: 8). Parents need to realize that they also have failure to perform these duties will have a negative effect or their children's spiritual lives.

THE CHRISTIAN DUTIES OF PARENTS ARE:

1. To teach our children to fear God and His commandments.

The scripture says " take to heart all the words which I testify among you this day, that you may command them to your children, that they may be careful to obey all the words of this law. (Deut 32:46) yes, one of the duties of parents is to teach their children to fear God and to keep the commandments. Before the parents can teach their children, they must know the commandments them selves . The bible contains the command ments of the Lord and TJC keeps these commandments. Thus we encourage parents that are not members of the TJC to come to the church and learn the commandments to the fear of God the keeping of the commandments must form a part of their lives.

2. To provide our children with Religious Education.

The scripture says " Parents do not provoke your children to anger but bring them up in the discipline and instruction of the Lord.(Ephesians 5:4). As christianparents, we can read bible stories to our children, and we can tell our children biblical examples of correct conduct and the blessing that follow. Besides providing religious guidance at home, parents must send their children to Attend Sabbath religious education class es at our church.

3. To provide positive instruction and correction

The scripture says " Train up a child in the way he should go and when he is old, he will not depart from it." (Pro 22 : 6) This include guidance and correction of behavior. Correct in a firm, yet loving manner. Help the children to understand why their actions are wrong and that discipline is necessary.

Conclusion

Children today may not be able to differentiate between right and wrong. They may not have been taught to fear God and to keep His commandments, they may not have receive religious education and they may not have been discip lined. If parents have neglected these responsibilities, let them resolve to start now, as parents are an important influence in their children's lives.

SHARING OF MYANMAR RE CLASSES IN SG. LONG EVANGELISTIC CENTRE

Praise the name of the Lord for His great grace and mercy that the Sg. Long Evangelistic centre has the chance to reach out to the Myanmar community in the Sungai Long area. It all started in November 2009, when a youth by the name Lian, at tended a Friday evening service in Sg. Long. He then inquire if our church could teach and provide RE classes for the Myanmar refugees residing in Sg. Long. After consideration, the church started to conduct morning Sabbath RE classes on the second and fourth week of every month. Presently, the church conducts regular RE classes for them on every Sabbath morning.

Empty-handed, they walk from their so called home' to attend the morning Sabbath RE classes. Pure, innocent and simple minded, the Children live in a simple environment. Beside receiving the precious grace from God, the wonder ful thing is that they are willing to attend RE classes. By God's grace, the number of attendance is increasing. They are provided with a simple breakfast which is sufficient to satisfy their contented little heart. They are taught to pray and a sing praises accompanied with cute body and hand actions. They are taught God's words and for the activity sessions, they do some handicrafts or coloring. They are very teachable and possess an innocent faith and trusting nature that most children enjoy the classes very much.

Let us pray to our Almighty God that they learn to turn to Him in all circumst ances and trust that He will guide them to right path, to grow into mature Christians and to hold on to the truth in spite of their poverty. May God touch of the heart of their families and bestow His deep,strong, everlasting and unconditional

love upon them.

May all glory be unto our Lord Jesus Christ.

(Sharing by the teachers- in - charge of the Myanmar RE classes)

REPORT ON TJC MYAMANMAR 2012 RELIGIOUS EDUCATION CLASSES AND ACTIVITIES

Religious education classes are held every Sabbath morning at TJC Sg.Long from 9am until 11:30 am. The 2 hours Session includes breakfast hymnals session bible lesson and activities the bilble lesson are based on the TJC RE text books.

FOR THE YEAR 2012 THERE ARE 2 CLASSES.

The primary class conducted in the multipurpose hall and the secondary conducted in the church hall. The primary class are for studied12 years and while the secondary class are for students from 13 – 18 years old.The medium of instruction is Tedim and Englishlanguage for the primary class and English to Burmese language for the secondary class.

THE STUDENTS AND TEACHERS STATISTICS.

IS AS FOLLOW ;

CLASS	Registered of student	No. of Teachers
Primary	25	4
Secondary	15	2

The students are Chin refugee staying in Bandar Sg. Long. As for the teachers there are 2 TJC Myanmar youth that teach in the Tedim Myanmar languages.

For the year 2012, the following activities and projects were undertaken

1. Sport Day

A sports day was held on August 4th at a play ground in Bandar Sg. Long. A total of 24 students and teachers participated. Games held include foot ball and badminton.



2. KFC Lunch

The students were treated for lunch KFC restaurant in Bandar Sungai Long on 15th Sept

28 students and teachers attended this lunch.



3. Visiting To Parents Of Students

For the year 2012, the visitation program includes singing of hymns prayer and informing the parents of the students of progress in the RE classes.

4. TJC Tedim Hymn Book.

A first edition of TJC Hymn book in the Tedim languages was compiled. In our Myanmar Church only a TJC hymn book, in their national language is available. As the students speak the Tedim language, a hymn book in their language was printed in August 2012. The 40 hymns in this hymn book are translated from our TJC Hymns of Praise.

5. TJC Truth Seekers Class Text Book.

A truth seeker class text book in the Tedim language was compiled. It is translation from the recommended Truth seeker class text used by the Region Churches. It is schedule to be taught to the students in year 2013.

TJC MYANMAR Reu Prize Giving Presentation



Myanmar RE Parents Gathering Participants 50 Myanmar (2011 :32 Myanmar)



Myanmar Medical Mission 2012 Participants : 56 Myanmar (2011 :26 Myanmar)



1st Myanmar Spiritual Nurture Participants :11 Myanmar .





神的爱

哈利路亚，奉主耶稣圣名分享。以赛亚书46:9记载『你们要追念上古的事，因为我是神，并无别神，我是神，再没有能比我都』。无可否认，无人能与神相比。约翰福音 3:16记载『神爱世人，甚至将祂的独生子赐给他们，叫一切信祂的，不至灭亡，反得永生』。

起初，神创造了一对夫妇，即是亚当和夏娃。神把他们安置在伊甸园中。伊甸园象征着乐园。当他们住在园中，神告诉他们园中所有树上的果子都可以吃，除了分辨善恶树的果子不能吃。创世记3:3下半段记载“你们不可吃、也不可摸、免得你们死”。然恶狡猾的蛇引诱夏娃。亚当与夏娃违背了神的吩咐并且吃了树上的禁果。从此，罪就进入了世界，并且临到众人。

对于我们今天而言，我们是耶稣基督的跟随者，并且被称为神的儿女。因此我们是蒙福的。这一切都是因为神爱我们 - 神是爱。

实际上，耶稣并不须要为我们牺牲祂的生命。然而，祂爱我们。我们是祂所造的，祂是我们的造物主；更重要的是，祂是我们的救主。耶稣是神；祂可以选择不要背此十字架。但，腓立比书2：6-8记载『祂本有神的形象，不以自己与神同等为强夺的。反倒虚己，取了奴仆的形像，成为人的样式。既有人的样子，就自己卑微，存心顺服，以至於死，且死在十字架上』。以弗所书5:2上半段：『也要凭爱心行事，正如基督爱我们，为我们舍了自己』。主耶稣是万主之主、万王之王。祂未曾犯错；亦是无辜的；然而，因着爱，祂担当了我们的罪过并且为了人类的缘故被钉在十字架上。人不能救自己；因此神差祂的独生子来拯救我们。因此，祂为了我们而被钉死在十架上。祂在十架上为我们受苦：祂被钉子钉着、被鞭打、并且为我们

流祂的宝血。祂把自己的生命给予我们并且拯救我们免去地狱的刑罚。祂所遭受的痛苦是笔墨所不能形容的。『所以，我们作基督的使者，就好像神藉我们劝你们一般。我们替基督求你们与神和好。神使那无罪的、替我们成为罪。好叫我们在祂里面成为神的义』。此经节记载在哥林多后书5:20-21. 神的爱是无法测量的。神的爱如天那么高，深阔如海洋。祂担当了我们的罪并且为我们而死。祂饶恕了我们的过犯。祂在我们感到无助及沮丧时安慰我们；祂让我们藉着祷告来与祂沟通。透过祷告，我们与至高的全能的主宰交谈。我们把所有的问题向祂倾诉，祂就会为我们开路；祂永远不会离开我们，让我们孤单无助。

爱在所有的恩赐中是最大的。因着爱，神为我们牺牲了祂的独生子。故此，我们爱，是因为祂先爱我们。愿神接纳我们成为祂的门徒。

一切荣耀归与主的名。阿们。

Jayne Ho
初级班
蕉赖教会





宗教教育的重要

了解宗教教育的重要

1. 是神的命令（申6：4-9）

以色列亡國二千多年，民族未曾被異邦同化，在異教中能堅守信仰，乃因宗教教育的成功真教會要傳揚得救的福音直到主來（太28：20），更須重視宗教教育的工作！

2. 是主的托付（約21：15）

- 教導是主所托付（太28：20）感到當教員是一種榮譽？古代勇士以作亞特王的圓桌武士為榮
- 教導是一種恩賜（羅12：6-7）有此恩賜當自覺使命，感謝神給我們特權教導聖經？

3. 是建立教会的职事（弗4：11-12）

- 教會未來柱石：提摩太（提下3：15；1：5）祖母羅以，母友尼基栽培
- 教會的增長：撒種的增長，移民的增長，自然的增長。前二不能支備：主叫他成長，環境使然，後者當把握並用心栽培，確保教會的自然增長

4. 是生命的培育（箴22：6）

- 兒童如同一張白紙，等待成人去填寫。忙碌家庭已漸失教導功能，宗教教育當補之不足！打鐵趁熱，冷了怎樣用力也打不成形！『教婦初來，教子嬰孩』
- 兒童是主所看重的，讓小孩到主前得主的祝福（可10：13-16）宗教教育不只是聖經知識教導，更是生命的培育，讓基督的生命在他小小心靈裏發芽生長

二，教員要使眾人看出你的長進-榜樣是別人看得出來的，也是自己要追求進步和改善的。

1. 聚會方面：我們教導兒童認識真神，要懂得敬拜真神，如果他們都有認識神的知識，但都不肯來聚會敬拜神，那我們有達到目的嗎？*宗教教育的目標之一就是要『服務基督的國度』，聚會敬拜神是基本的事奉神，這也是主看重的（太19：20）。如果教員不熱心聚會敬拜神，學生看見了也會效法老師不用熱心聚會敬拜主。因此教員當以身作則熱心聚會敬拜神。正如主給我們的榜樣：他愛神的殿，為神的殿心裏焦急如同火燒。

2. 服裝方面：教員在服裝的穿着和打扮要留意，因為信

徒都在觀看我們。學校對老師的穿着都有所要求，公司上班也着重適當的穿着，如果我們懂得要尊重社會，那怎麼不懂得尊重教會？*教會不是野餐或休閒的地方，是拜神的地方，如果穿着太隨便或是儀容不整，那就給人一種感覺-認為事奉神是不必怎樣尊重的。

3. 上課方面：教員對教課要忠心負責，其中有三點要留意的：

*要守時-對世上的約會都很看重，不願負約，也不准時出席，這對主人不敬。我們的主人是主耶穌，不是系負責或教務。

*教員不守時，家長和學生也有樣學樣，大家都遲遲來早早退不准時聚會卻要求准時散會！

*要備課-學生看見你沒準備好課，只是應付過去就算了，他們會不尊重你和你講的話，大家都馬馬虎虎等下課。雙方都得不到好造就只有壞影響。

三，要恆心遵行教訓（提後1：6-7）願意當教員，必定有一種願意事奉神答謝神恩的心，因此也必定會用心負起教員的責任，作好榜樣，好好牧羊主的小羊。但這種心慢慢軟弱下來，所以要祈求主的靈感動如火挑旺起來，要恆心忍耐堅持下去，這樣行又能救自己，又能救聽你的人。

陈但以理传道





写给作教师的一些话：

古时候，只有被拣选的利未人，有权献祭，做事奉的工作。今天，藉着神的恩典，我们竟成为君尊的祭司，因此，我们理当把自己当作活祭献上（罗：12：1）

在教会里，要做的事很多，工人却太少…太少……在宗教教育这个事奉领域里，老师扮演的角色又是什么？

好，让我们来看看圣经如何说：

林前：12：28）神在教会所设立的，
第一是使徒，第二是先知，
第三是教师……。

即是教师，我们便应当用诸般的智慧，劝戒各人，教导各人，把各人在基督里完完全全的引到**神**的面前，乃是**尽心歇力的**。（西：2：28）我们不可对主说：主啊，我没有口才，如何劝戒各人呢？主啊，我没有恩赐，如何教导各人呢？因为经上说，神必赐于我们各样的恩赐。（弗1：3）

所赐的，有使徒，有先知，有传福音的，有牧师，和**教师**，**为要成全圣徒，各尽其职，建立基督的身体**。（弗：4：11-12）

感到累的时候，要学会**向神倾诉**，躺在神的臂弯里，神必亲自安抚我们疲倦的心灵。

感到**压力**的时候，要学会**向同工倾诉**，因为二人总比一人好。若是跌倒，这人可以扶起他的同伴，继续跑在那未尽的路途。（传：4：9-10）

感到**被主重用时**，要学会**凡事谦卑，温柔**；发现**别人有不对**的地方，要学会**用爱心互相宽容**…保

守圣灵所赐合而为一的心。（弗：4：2）

总要**察验何为主所喜悦**的事。（弗：5：10）

而且，不要只在眼前事奉，像是讨人喜欢的，**要像基督的仆人**，从心里遵行神的旨意。甘心事奉，好像服事主，不像服事人。（弗：6：6）

遇到别人给的打击时，别轻易放弃。乃当靠主站立的稳。（腓：4：1）

主的羊还小，且让我们同心教养他们，做神无亏的工人。（提后：2：15）

阿门！

Nancy Lee
蕉赖教会





在主内抚养孩子



我的母亲是位固执的家长並坚持把她的信仰传承给下一代。我的父母对于在主内抚养孩子有着相同的信念及价值观。无论他们是多么的忙碌，他们会确保孩子们定时的参加宗教教育班。

我的母亲在家会与我们一起读经及祷告。因为她的工作忙碌，所以读经及祷告的时间都不尽相同。她时常都说，“只要有心，就有办法”。她也告诉我们要信靠神而在神是无所不能的。而我目前身为两个青少年的妈妈，我尝试追随她的脚踪。在主内抚养孩子及教导他们尊主为大是一件极具挑战性的事情。我们时常都处在社会的压力中，要教导他们作讨神喜悦而不是讨人喜悦的事时常让我们处于被具结的状况。

申命记6章7节『也要殷勤教训你的儿女。无论你坐在家裡，行在路上，躺下，起来，都要谈论』。我们的孩子是神所托付予我们的产业而我们必须在他们成长的过程中扮演各自的角色。他们必须被教导及指引以便能走在公义的路上。父母必须时常以神的话语与孩子交谈。我会告诉我的孩子，“神每天都看顾你”。以赛亚书59章21节记载：耶和華说：“至于我与他们所立的约乃是这样：我加给你的灵，传给你的话，必不离你的口，也不离你后裔与你后裔之后裔的口，从今直到永远；这是耶和華说的”。

我的孩子自小就晓得透过祷告与神交谈。每当他们感到害怕或担忧的时候，我们会告诉他们“让我们来祷告並求问神。。。或“让我们来祷告並感谢神”或者“让我们来祷告求神赦免”。

这些话语对于未信者而言或者是未曾体验神的恩典及恩慈的人而言是毫不相干的。对于那些把重担卸下给耶稣的人就明白这是唯一能鼓励孩子信靠神的方法。

『你们祈求，就给你们；寻找，就寻

见；叩门的，就给他开门』(太7:7)。孩子时常都会在学校、在家或在任何地方都会遗失东西。有时候当他们遗失很宝贵的东西时就会感到很沮丧或失望。当这样的事发生在我们的家时，我们就会鼓励孩子未开始寻找失物前先祷告。透过这个方法，他们会很快找到遗失的物件。

您也许会问，倘若他们祷告之後又找不到失物，他们会有什么感想呢？这就是我们把神在我们生活中的作为告诉孩子的最佳时机。神的道路非同人的道路。他垂听我们的祷告是要帮助我们而不是伤害我们。当我们祷告之後又找不到失物时，我们可能需要自我省察。我们必须相信神必会赐予祂认为最好的给我们。

吾家最喜欢的活动是就寝前的说故事时间。我的两位女儿都很喜欢听她们的父亲讲故事。而现在他们会彼此讨论故事内容，分享意见並提出她们的感想。

歌罗西书3：16曰『当用各样的智慧，把基督的道理丰丰富富地存在心里，用诗章、颂词、灵歌，彼此教导，互相劝戒，心被恩感，歌颂神』。

我还记得当我和女儿在澳洲西部居住为期两个半月当儿，因为离家很远，故此我们都非常想家。而且我们是居住在一个需要乘搭五小时的车程才能抵达教会的地方。唯一让我们感到安慰的是我们能一起唱诗。我的女儿当时只有六岁及八岁。

我相信一个家庭能够共处一屋檐並且一起祷告。我们的起居生活都有家人共同祷告的时间。在以赛亚书，我们被鼓励设立“祷告的殿”，跟随圣经所记载的例子“我的殿必称为万民祷告的殿”（赛 56:7）。

祷告使我们的家人能联系在一起，並且在艰难的时刻给予我们安慰；在一帆风顺的时候给予我们喜乐。我们

的孩子需要的不只是亲生父母所提供的物质享受。倘若他们有神与他们同在，他们的灵程就能建壮的成长。即使父母不在身边，他们也有神可以作为依靠而感到平稳安定。

祷告能使神的能力彰显在我们的生活中；同时亦证明神的同在。在成长的过程中懂得为自己代祷、为家人及朋友代祷就能透过祷告体验神的能力。

为了让孩子在成长的过程中懂得凡事祷告主，父母就必须在奔走天路时与神同行。犯错、克服挑战及无助的感觉在在都能让孩子学习如何亲近神。与他们分享您的个人经验能加强孩子与主同行之决心。使徒行传4:31记载『祷告完了，聚会的地方震动，他们就都被圣灵充满，放胆讲论神的道』。我感到非常兴奋当我得知我的女儿在圣经营领受宝贵的圣灵。在青少年时期就能领受圣灵肯定是项蒙福的事。我亦知道他们已经为了要成为神的“器皿”以作神的工而有所准备（提後 2:21）。这项祝福亦使得我能谦卑己身因为我知道神所给予他们的远远超乎我的能力范围。成为父母，我们必须无条件的遵守神的话语以及凡事信靠神。为了让孩子能凭信心而不凭眼见，我们本身就必须成为他们的模范。提摩太後书1:5告诉我们信仰能传承予下一代。『想到你心里无伪的信，这信是先在你外祖母罗以和你母亲友妮基心里的，我深信也在你的心里』。

身为父母，我的祷告如下：
亲爱的神，请帮助我成为一位好母亲。我的孩子是您所给予的祝福。是您所托付给我们来尽我们的责任教导他们就如约书亚带领以色列百姓进迦南地一般。在您为我们规划的计划中，我只不过是您的工具罢了。在教导孩子的事上，我的言行举止都需要您的力量及智慧来扶助我。使我成为您和平的工具以便我的孩子能过着蒙福的生活。

Ruth Liew姐妹



神拣选我

奉主耶稣圣名我做见证神给予我的恩典。我四岁开始来到真耶稣教会。我还记得陈执事一家人每个安息日都会把我带到教会。当时我的大姨建议我的妈妈让我去教会参加宗教教育班，而我的妈妈同意了。由于我家很靠近陈执事的家，所以每个星期六，我跟着他们到教会。我虽刚认识陈执事一家人，但跟随他们出门时却开开心心地，从不哭闹。我的父母觉得这是一件奇妙的事。可能这是神的旨意，让我有机会认识真神。我很喜欢听老师讲的圣经故事。我在教会也结交了很多朋友。

不久，我的父母被教会信徒的爱所感动，然后也开始参加安息日聚会，但不是每个安息日。渐渐地我们开始晚间祷告。两年后，我的父母接受了神的真理，我们一家人于2002年领受洗礼。我们成了这教会大家庭的一分子。

我继续上宗教教育课，我的父母也参与成人团契。我们一家人在主里的信心随着时间不断增长。我们洗礼后就开始参加星期五晚上聚会。然后，我们参与更多的教会圣工和活动。我们与神的关系更亲近。

我八岁时第一次被圣灵感动。那是我难以忘记的一天。当天一早醒来，我感觉到身体不适，我想这一定是我不诚实的后果。我马上跪下向神祷告认罪悔改。我大声地祷告将近一个小时，过程中不停地流汗和哭泣。我真的很希望神怜悯我。我的妈妈也陪我一起祷告。那一天过后，我有好几次被圣灵感动。四年级时，我参加吧生教会协办的中区少年圣经营。我尽心尽力以求得圣灵。那一次虽求不到，但我却不灰心，我把目标定在下次圣经营。

五年级时，我参加第二年的圣经营。求圣灵的时候，我可听见学员们传来洪亮的祷告声。这些声音给予我的祷告很大的鼓舞。在营中的一次祈求圣灵环节后，我和朋友又再回到会堂继续祈求。接着更多学员加入祷告的行列。祷告时，我觉得心里火热，泪水不断涌出。我继续全心全意祈求圣灵，我向神诉说我需要圣灵的原因。

传道在房里听到了声音，他就下楼来为我们接手。摇铃后，传道与我们分享圣经章节以鼓励我们第二天更用心祷告。那个晚上，我们当中很多人受圣灵感动，地面上都是汗滴及泪水。

第二天，我相信学员们比之前两天更用心祷告。感谢主，我在这祷告会中求得宝贵的圣灵。我非常喜乐，不断地赞美主。圣经营后，我承认自己很不完美，而且还有许多的软弱，但是我可以察觉自己有不少的改变，因为我相信圣灵会在一切事物上指引我。这是我人生中永不会忘怀的美好回忆。（马太7：7）‘你们祈求，就给你们；寻找，就寻见；叩门，就给你们开门。’阿门。



沈靖元弟兄
初级班，巴生教会





我的见证



我的见证



哈利路亚奉主耶稣圣名作见证。这是我如何在今年的少年班圣经营得到圣灵的见证。我祈求圣灵的过程中，我不时会问自己，我为什么要求圣灵？我为什么会没有求到圣灵？圣灵到底是什么东西？我对圣灵有着种种的疑惑。感谢主，我的疑惑在我参加圣经营的时候解开了。

今年是我第一次参加少年班圣经营。当我得知圣经营是在波德申橄榄园举行，而且还为期五天时，我愉快的心情马上跌入谷底。我从没试过一个人离家那么远，而且又那么久。那时我心里便有不想去的念头，但是最后一分钟，藉着神的恩典，我改变了主意，硬着头皮去了。

当我到达营地不久后，便开始想家了，当时我难过得不满地哭，我的心情简直是糟透了。我曾打过很多通电话，要求父母来载我回家，但是我的父母却不同意，他们给了很多理由，一次又一次地拖延我的要求。他们这样做是为了让我没有选择的余地，继续参加圣经营。

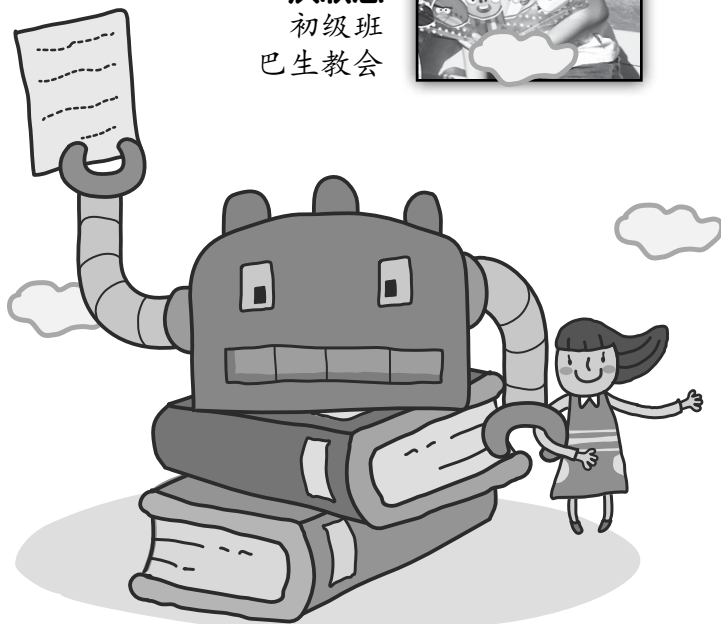
直到第三天，一位传道娘告诉我，如果我想回家，但却不知道该怎么办时，可以祷告，告诉主耶稣。听了那番话后，我便在每次祈求圣灵的时段里，告诉主耶稣我的烦恼。其实我心里半信半疑，虽然我知道神会倾听我们的祷告。但是我始终有点怀疑，神会不会回答我的祷告。

在当天的祈求圣灵的祷告中，我把感受都放在祷告中，一一地向神倾诉。那次的祷告可以说是我祷告得最迫切的一次。之后的几次祷告，我被圣灵感动了。

感谢主，就在圣经营的最后一次祷告中，神赐给我宝贵的圣灵。当时，我只觉得有一股热能通过我的身体，那股力量就像被爸爸拥抱着一样。它给我安慰，令我深深地体会属灵的感动。那天起，我对神的信心日愈增添。我已学会信靠主耶稣，因为这是正确的做法。正如马太福音7：7-8，你们祈求就给你们；寻找，就需寻见；叩门的，就给你们开门。因凡祈求的，就着的；寻找的，就寻见；叩门的，就给他开门。阿门。



洪欣恩
初级班
巴生教会





见证



Amanda Kwek
少年班
吧生教会

奉主耶稣圣名做见证。我的名字是Amanda Kwek，隶属吧生教会。我的见证是关于我的孪生兄弟。他们的名字是Ian Kwek 及 Ivan Kwek。我今年11岁而我的弟弟们只有三岁。

当我大约四岁时，我很希望爸妈能给予我一个兄弟或姐妹；因为当时我孤单一人，没有任何的玩伴。因此，我们就向神祷告并求祂赐我一位兄弟姐妹。我不明白为何神没有即刻垂听我们的祷告；然而，我的父母告诉我要忍耐等候。神有祂的时间并且会按照所定的时间垂听我们的祷告，只要我们继续祷告并全心依靠祂。

四年之后，我的母亲在某一天感到非常不适并且不停的呕吐。父亲因此把她送往诊所检查。医生说母亲已经怀孕了，而我的父母亦和我分享此好消息。我当时兴奋得跳跃起来并喊着说神垂听了我们的祷告。我在接下来的几天内都把此好消息与我所见到的人分享。当我们在不

久之後得知母亲是怀了双胞胎，我们更感到这是神所给予双份的祝福。我的双亲的家庭都没有双胞胎的记录而医生也因此感到讶异。当我的双胞胎兄弟出世後，我须要协助母亲来照顾他们。他们需要我们密切的关注；因此，我们往往忙得分身乏术。

我求神继续带领并祝福我的兄弟以便他们能在主内成长并事奉祂。我的见证在此结束。一切荣耀归于神。阿们。





澳洲悉尼教会之宗教教育系

真耶稣教会悉尼教会都非常关注宗教教育。感谢主我们有一组非常坚强并且忠心不渝的宗教教员，他们当中有一些已经在悉尼教会的宗教教育领域里事奉超过20年之久。悉尼教会的宗教教育课程分为幼稚班、幼年班、少年班、初级班、中级班及社青班。每一班级都有一群富有责任心的宗教教员来把神的话语传达予下一代。

宗教教员

悉尼教会总共有31位教员，每一位教员负责各别的班级。但有一部分教员也分担其他班级的课程。宗教教员们在每一季结束後都会聚集一起讨论学生的进展以确保此项重要的圣工能顺利的进行。他们每个安息日上午十时聚集在教会祷告；倘若他们在当天没有值日，他们就须要参加社青班的聚会。

节日

宗教教育系负责规划年度的宗教教育课程。他们的课程是根据学校的学期制开课。除了宗教教育课程，我们亦主办宗教教育辅导课程，是在第二个月举行。辅导课题多数是专题以帮助学生们来解决日常生活问题；这些课题的范围广阔，涵盖如何保守圣洁及时间管理等。每个月亦有祷告会。所有的学生、宗教教员及家长会在下午的安息日聚会结束之後聚集在一起祷告。每个月的第二个星期之安息日聚会的第二次祷告都由宗教教育系负责带领。

活动

除了这些每个星期或每个月的定期节目之外，宗教教育系亦在每年的九月举行宗教教育月。在每个安息日下午聚会结束之後，每一班级的学生都会根据宗教教育的主题来向会众呈献他们在这一年中所学习的课程。每年亦有主办宗教教育郊游，即是宗教教育系的教员们和学生以及家长会一起出游。通常我们都会在公园进行烧烤会或野餐以及玩一些游戏。悉尼教会每年都为幼年班、少年班、

初级班及中级班的学生们举办圣经营。这是由宗教教育系所举办的一天之圣会。感谢神，此项圣经营不单止让参加的学生们得到造就；同时亦让负责准备此项课程的教员们获益匪浅。

宗教教育的学生们也在安息日聚会结束之後参加诗班。幼年班的学员们通常参加非正式的儿童诗班；而其余的学员们则参加青少诗班。初级班及中级班的学员们则参加悉尼教会诗班。

各别班级

幼稚班

近年来幼稚班逐渐的成长，目前有超过10位的学生。故此，我们通常都会安排副教师来协助教课的教员们照顾小孩。学生们在此幼年阶段通常学习唱诗赞美神、如何祷告及聆听圣经故事。此项课程是在下午的安息日聚会期间举行。

幼年班

虽然幼年班的成员不比幼稚班来得多，然而他们的人数也不算太少。我们大约有五位充满朝气及精力充沛的学员，并且有副教师来协助负责教导课程的教员。他们的课程包括诗颂、聆听圣经故事及手工制作。

少年班

此班级的人数非常少。在此班级的学生们都是在小学四年级到六年级的学生。他们都由一小群的教员负责教导他们並准备升上中学就读。他们上课的时间是在下午的安息日聚会之前开始。

初级班

初级班的学员们都是刚升上中学的学生们。对于此阶段的学生们，我们注重于把好的基督徒价值观灌输予他们并且栽培他们成为优良的基督精兵。他们上课的时间都是在下午安息日聚会之前开始。

中级班

此班级的学员们都是即将毕业的中四及中五的学生。他们是宗教教育系最终的班级。此班级的学生们通常会学习关于教会的历史、基督徒的生活以及查考圣经经卷。他们上课的时间是在下午安息日聚会之前开始。

大专生或社青班

此班级的学生们都是大专生或准备在这个世界闯一番事业的青年们。他们的课程都是注重於查考每一卷圣经经卷。他们所查考的经卷包括小先知书、出埃及记、路加福音、列王记。他们上课的时间是在下午安息日聚会之前开始并且开放予所有的信徒参加。

这就是悉尼教会宗教教育制度的简介。愿一切荣耀归于神。





亲子沟通



當我還是一個小學生，我經常受邀參加派對。我很想參加，但父母總是毫無解釋地一口拒絕我的請求。身為一個小孩，我覺得沒有人聽我說話，認為我所說的總是不夠好，覺得朋友比父母更了解我。漸漸地，我不再與父母分享自己的事。若我不與父母交談，他們就不知道我所想的，也不知道我的感受，也就無法引領我了。

我在國外念書時，因為父母不在身邊控制我，我可以任意而行，所以覺得非常自由。有幸的是我並沒有交上壞朋友，也沒有做出任何非常不好的，會讓我後悔的決定。但因為父母不在身邊看顧，我是可能遇到以上狀況的。

父母需要知道孩子在做些什麼，在孩子走偏時才可引領他們。要知道孩子們在做什麼，孩子們必須願意與你交談。在此與大家分享一些我覺得相當有用的溝通辦法。首先，必須找出時間與孩子談話並聆聽他們要說的。

找时间沟通

我女兒分別6歲與5歲時，我發現她們會告訴來我們家過夜的宗教教育老師很多事情。於是我問她們，「這些事你們為何不說給爸爸媽媽聽呢？」她們回答說，「你們太忙了。」她們的回答讓我大吃一驚，因為她們說的確實如此。我們有多少父母總是忙得沒有時間與孩子溝通？我們也許都在同一個屋子裏，但卻忙著做自己的事而沒有與孩子們溝通。

從那天起，我養成了習慣，每天一定要與孩子溝通。每晚她們睡前我們會彼此分享當天讓我們最快樂或最難過的事。我會告訴她們令我擔憂的事或讓我快樂的事，她們也會同樣與我分享。這是我們分享彼此感受一個很好的辦法，而且我覺得因為告訴了她們什麼對我很重要，因而也間接把我的價值觀教導予她們。

除此之外，我們每天晚上都會有約30分鐘的家庭崇拜—讀經、唱詩及禱告。這段時間是我們全家能一起坐下來，彼此共處並與神靈交的時候。另外一個方法就是一同出遊。星期天，我們通常會全家一起出遊，如郊遊、跑步、騎腳踏車或在院子裏烤肉。溝通是需要時間的。若作出努力，一定會看到成果，能有一個和諧的家庭。

与孩子们说话

有一段時間我的老公在工作上壓力非常大，以致有輕微的憂鬱症。孩子們都能感受到父親似乎與往常不同。我就會與她們溝通，解釋說是因為爸爸工作壓力大，並教她們一起為父親禱告，讓他心中有平安，同時不要打擾爸爸。與孩子分擔問題是一種非常有效的溝通方式，因為他們會覺得自己被重視。同時從你的分享過程他們也學會如何分享而會主動與你分享。

聆听孩子们

我們之前所租的房子房租昂貴並高於市價。當契約結束時，我們決定另外找住宿的地方。我們看了約10個地方，並與孩子們商量她們對各地方的看法。她們提出自己的想法如：「我們喜歡這個地方，因為有兩間廁所，我們就不需要等著用廁所。」「我們喜歡這個地方因為房子周邊有可以活動的地方。」我們聽了她們的意見後才決定要租哪一個房子。身為成人，我們經常會認為孩子們提出的意見微不足道或不重要，而忽略了他們的想法。但是我們看似不重要的，在他們眼裏也許是非常重要的。聆聽他們，了解他們，若孩子們覺得他們所說的有被重視，他們就會繼續與你分享他們的想法。

每個人都需要能交談的對象。你願意自己的孩子去信靠也許會讓他們誤入歧途的人，或你希望自己的孩子相信你，把你當作他們的同伴，讓你能帶領他們尋求及信靠神？這是你的選擇。很重要的是要盡心盡力與孩子們溝通，重視他們，與他們交談並聆聽他們。

Jenny Saito (日本)



我在伦敦之体验



『若不是耶和华建造房屋，建造的人就枉然劳力；若不是耶和华看守城池，看守的人就枉然警醒』。

当我初步抵达伦敦的时候，我就像其他的游子般充满着紧张、兴奋、担忧及害怕的情绪。我曾经到过此地而就像一般的伦敦市民般，乘搭地铁对我而言并不是一件新鲜的事；然而与往常的经验不同的是，这一次我不是以游客的身份到访而是到此居住。独自出远门对我而言是项新的体验但也是令人心悸的事，因我在此地完全是位陌生人。实际上我是孑然一身的来到一个国际的都市以及人口稠密的大都会。

我在伦敦大学的第一个星期可说是困难重重。我首先入住宿舍、学习烹饪、购买杂货物品、适应伦敦的环境同时结交新朋友以及准备迎接未来的挑战。当我在享受这些新的挑战及经验当儿，能拥有一个可以被称为家而且又能让我们回归的地方诚然是件好事。作为一个旅居此地的外国人并且要在此开始新的生涯对我而言并不是一件熟悉的事直到我回到真耶稣教会、伦敦教会的大门。

当我抵达坐落在旧街的真耶稣教会时，我受到当地信徒的热烈欢迎并被介绍予当地的青年（在这之前，我已经以电邮与一位弟兄联系）。虽然我只是短暂的逗留，然而许多事情对我而言都是熟悉不已的，诸如会前的诗颂、与同灵们一起听道理及祷告等。在我还未知晓之下，我已经不知不觉的成为青年班的成员而我也被其他的青年邀约去郊游及共进晚餐。我开始有回到家的感觉。感谢神让我在很短的时间内能够由一位对此地全然陌生的外国人成为道地的伦敦人：我开始厌烦那些不站在自动扶梯左边的人（以便赶时间的人能从右边快速上下）、在塞伯利寻找便宜的膳食、而步行20分钟对我而言也是家常便饭.....

搬迁海外真的让我孕育了独立感及责任感—要克制自己不把所有的零用钱花在观看足球的门票及吃快餐并不是一件简单的事。然而，这也意味着我的信仰也开始趋向成熟的阶段。这是我第一次拥有真正的自由，我可以选择是否要去教会。对于一些移居外国的外教会青年在外面独立生活之后信仰开始堕落的故事也时有所闻。我选

择继续去教会显示出我的信仰价值观及根基非常稳固。我时常都认为生长在基督徒的家庭并且在毫无选择之下成为基督徒会使我的信仰不比那些独自来教会慕道并接受信仰的信徒来得坚强。然而，我现在觉悟并深信如果我不是生长在基督化的家庭中，搬迁到其他地方（枉论移居外国）可能会导致我对神的信心更形软弱。虽然如此，我觉得我与神的关系比其他事物来得更密切。我如今是伦敦教会的信徒并定时参加聚会。在过去的九个月当中，倘若不是藉着神，我是不可能九个月当中建立自己的家。诚如诗篇127:1节曰『若不是耶和华建造房屋，建造的人就枉然劳力；若不是耶和华看守城池，看守的人就枉然警醒』。这并不意谓着我已经完全忘记过去18年每个星期参加聚会至少三次的蕉赖教会。要定期参加聚会可是要超过九个月的时间才能培植的信仰习惯哦！

Marcus Chang 张弟兄
(蕉赖教会)





印尼之旅

日期：11-15/11/2012

第一天（日）

巴生教会的弟兄姐妹一行人共68位，于2012年11月11日乘搭飞机前往印尼访问教会。我们大约需要两个小时才能抵达目的地。当我们抵达雅加达的飞机场，印尼总会的女执事和几位弟兄姐妹前来迎接我们，接着我们乘搭巴士到万隆旅店住宿。万隆的气候凉爽，让人觉得舒服。

第二天（一）

隔天早晨，用完早餐后，我们到覆舟火山口参观。除了观看火山爆发后喷出的黑色溶岩，我也买了二十个钥匙链，非常高兴啊！在火山旁，我闻到空气中有硫磺的气味。之后，我们吃中餐，吃饱了即去购物。妈妈买了一件足球衣给我，我真开心。两个小时后，我们到万隆教会用晚餐并与弟兄姐妹一起联谊，之后，我们才回到万隆旅店住宿。

第三天（二）

用过早餐后，我们启程前往参观展玉教会和迦南学校。在迦南学校，我看见许多学生在进行各种活动，如打篮球、下棋、上课和在食堂吃东西。原来，教会和学校都联合在一处。我们吃中餐后即到野生动物园，由于下着微微细雨，我们乘坐巴士在动物园内参观，也欣赏了神所创造的各类动物；雨停后，即走路到山顶上看红印第安人表演牛仔秀；牛仔秀演得很精彩，让我们又惊又笑，我们又观赏了摩托车杂技表演，看到摩托车在铁球里纵横飞驰，让我们张大了眼睛和嘴巴，结束后，我们继续观赏狮子表演。狮子已被训练过才能有这样的表演，没想到狮子可以演得很出色。之后我们去吃晚餐，由于吃得相当饱，所以我们到购物中心游荡，晚上十时，我们才回另一件旅店睡觉。

第四天（三）

第四天，我们前往印尼总会和顺德教会。我们简直难以相信，总会有五层楼，好高啊！总会里有大间的课室，是给青年上课用的。总会也在建造着电梯，以方便同灵上楼和下楼。随后我们到印尼的迷你宿影公园参观，里面有许多雕刻品，如玉床、玉船、象牙、人参果树等等，每一个雕刻品都具有历史价值，这都是苏哈多总统在位时，别的国家所赠送给他的礼物，此外，也有各式传统的印尼房屋供我们欣赏。

下一站即是到全球迦南学校，此学校是印尼总会所办的学校，学生人数大约有一千多位，学生当中有教会的弟兄姐妹，也有非基督徒。我看见一个比我想象中还大的室内篮球场，也有科学实验室、电脑室、舞蹈室等等。之后，我们再乘坐巴士到雅加达教会，享用了一顿丰富的晚餐后，当晚也有联谊会，节目丰富。开始是当地的传道和执事上台致词，然后是巴生教会的大小同灵献唱“在耶稣里”的曲子，接着由雅加达教会的长青弟兄姐妹呈现印尼的乐器演奏，是以竹制成的—乐器名为Angkelong，随后由巴生教会的儿童、青少年联合献唱两首诗歌。雅加达教会的中年及青年诗班也献上赞美的歌声，青年诗班唱了一首动听的诗歌，他们唱的歌真让我们着迷啊！联谊会结束后，我们不舍地道别，即回到旅店休息。

第五天（四）

这一天是最后一天的行程，因我们即将乘搭飞机飞回马来西亚，我们都非常高兴到印尼旅行，下一次，我想再到印尼，到更多地方游玩，感谢主，我们也平安回家。

文/张语谦
少年班
巴生教会





人物考察

亚伯

Abram Mah
少年班，八打灵

奉主耶稣圣名分享我的查考。今天，我要与大家讨论的题目是亚伯，圣经里的其中一位人物。此位人物的事迹记载在创世记 4: 1-16。

众所皆知，亚伯是亚当的第二位儿子。亚当与夏娃是人类的始祖、第一个男人和第一个女人。他们育有两名孩子，既该隐及亚伯。在这两个儿子当中，亚伯在品行上比弟弟来得优秀。他的职业是牧羊人而兄弟的职业是农夫。

当献祭给神的时候，亚伯把牛羊中头生的献给神。而该隐则未把土产中最好的献给神。故此，神喜悦亚伯的祭物、却看不上该隐的供物。这也导致该隐非常的生气。

神是不偏待人的。其实，在两兄弟中，亚伯的心意比该隐来得更好因为亚伯把最好的献上而该隐则未曾这样做。该隐其实未察觉这一点反而更嫉妒他的兄弟、亚伯。

该隐很快的把无辜的亚伯带到田间并在愤怒中杀死亚伯。神很快察觉此残酷的凶杀案并惩罚该隐。该隐因此被咒诅并且必须终身流离飘荡在地。此命案也使到亚伯成为第一个被谋杀而死的人而该隐也成为了第一个杀人犯。

从这个圣经故事，我们能够从亚伯所学到的美德是把最好的献给神。奉献不仅是在金钱上、亦可以是时间及精神上的支持。我们也必须把最好的献给神，神也将因此而满满的祝福我们。无论我们的奉献是金钱上的奉献或协助教会的事工或访问患病的信徒。

我谨在此以一段圣经章节作为圣经人物查考的结论。

『我们应当靠着耶稣，常常以颂赞为祭献给神，这就是那承认主名之人嘴唇的果子』（来13:15）。

愿一切荣耀归于主耶稣基督。哈利路亚，阿们。



抉择

我们一生中难免会遇到许多错综复杂的境况而这当儿也是我们必须作抉择的时候。我们所选择的道路是本身的选择，而在路的尽头我们将体验作出此抉择的结果。

我的家庭在几年前决定移民到一个陌生的异邦之地。举家搬迁到一个陌生的地方是件令人心悸的事；要离开舒适的家园以及我们所熟悉的周遭环境。这是我所遇到的第一项重要的交叉点。

我时常尝试持守本身的信仰并且不偏不离的走在正确的道路上。在此陌生的土地上要保守信仰是项具挑战的事，因为无神论在这里的社会已经是根深蒂固的事实。进化论似乎像律法般在学校被教导，而不纯粹是项理论罢了。

我们在所定居的国家并没有真耶稣教会，而这也是持守信仰的一个巨大的绊脚石。天主教及长老会在此地都设

有教会，但他们的信仰与我们的共信之道有所抵触。

我的家庭决定聆听联总网站所播放的连线安息日聚会的证道。虽然我们无法到教会聚会，然而我们能够透过互联网来聆听神的话语。

我和家人定居在此地已经好一段日子了。我们彼此之间的关系变得更亲密而我们也能够持守彼此的信仰。我们每天及安息日都有家庭祭坛的崇拜。在聚会当儿，我们彼此分享勉励的话与，互相讨论当日的事件以及祷告。我们亦在祷告中感谢神所赐的每一日并祈求祂带领未来的明天。

我发现当我们读经的时候，我们会察觉有些经文与生活中所发生的事情是有关连的。这些圣经章节鼓励我们并赐给我们力量来面对途中的挫折及阻挡。

**经上记着说『人活着不是单靠食物，乃是靠神口里所出的一切话』
马太福音 4:4**

上述的经节时刻提醒我应当凡事依靠神并且不与神隔离。我曾经亲眼目睹无神论社会所存在的许多坏的一面；而这些坏的一面都是因为人们背向神所造成的。

我求神帮助我能够在信仰的岗位上坚定不移并且在属灵的生活中作出正确的抉择。





我的感想

感谢神让我有机会把最近举行的少年班圣经营的感想写下来。此圣经营於2012年11月14-18日假真耶稣教会、八打磷教会举行。此圣经营的参加者来自中区各教会，诸如：吧生、梳邦、八打磷、蕉赖、加影、加影先锋镇及鹅唛。

我在此汲取了许多神的话语及祈求圣灵。在这几天中，我认识了许多主内同灵。藉着陈撒迦利亚传道、其他讲员与辅导员的勉励，我受益匪浅。我很享受教会的生活及与同灵之间的联谊。

透过此次的经验，我期望参加明年2013年之少年班圣经营。

哈利路亚，阿们。

马信祈弟兄
少年班
八打灵教会



“真的有神吗？”



我相信与我年龄相仿（11-12岁）的兄弟姐妹们都有问过同样的问题 - “真的有神吗？”，尤其我们看不到也摸不到神。圣经说：你不能看见我的面，因为人见我的面不能存活（出33：20）。我们只能从经验去体验神的存在。

例如，风吹的时候，即使我们看不见也摸不到风，我们还是可以感受得到风的存在。以下是一些可以体验神的方法。

一) 祷告

当我们祷告神寻求帮助时，神会应允。有时候神的答案未必是即时，但神的答案一定会来。我一直以来都想要有位弟弟或妹妹，多年后，我妈妈果然怀了一对男双胞胎。

二) 领受圣灵

我们知道圣灵从神来。当我们领受圣灵时，可以感受到神的力量，舌头也会自动说灵言。

三) 神迹

我们的生活当中充满了神迹。例如，祷告后重病的医治、洗礼时看见耶稣基督的宝血。这些都不是人为，而是来自神的力量。

四) 圣经记载的末日迹象（可13）

例如，遍地有地震、饥荒、真教会的信徒将面临逼迫，以及多样天灾会发生。这些预言的实现也证明了神的存在。

还有许多方法可以体验神。求神能够住在我们里面一直到他第二次再来。他的第二次到来，我们将可以面对面地看见神。阿门。

郭谦慧姐妹
少年班
吧生教会





少年班圣经营

我是少年班的辜洁怡，今年五年级。

今年的十一月，我将第二次参加中区少年班圣经营。我每天期待这一天的到来。由于我明年要应付UPSR考试，所以学校在假期里为学生安排两个星期的补习，老师老早通知我们必须参加补习。我为了这件事担心了几个月。感谢神，当妈妈到学校去向老师请假三天，老师竟破例答应了。

这个令人期待的日子终于到来。我的表妹也从老远的文德甲赶来参加圣经营。吧生学员聚集后，就浩浩荡荡地乘着福音车出发到八打灵教会报到。我们在那里参加晚间聚会，然后负责人交代我们一些重要的事项。当晚，我们还自我介绍呢。

星期六早上，我们正式开始五天四夜的圣经营。它的课程包括如何正确地使用面子书，我们是属于第二代的信徒，学习诗颂，分享见证，制作手工，基督徒的生活，分组讨论及如何体会神的恩典。当然，最重要的环节就是祈求圣灵。感谢神，这一次的圣经营共有4位学员得到宝贵的圣灵。

星期二早晨，我们到‘Royal Selangor Pewter’工厂及Berly’s巧克力工厂参观。感谢神的安排及带领，让我们有机会增广见闻并了解产品的制造过程。

虽然我缺席学校的补习，但是我在圣经营里得益更多，也更亲近神。我期盼着明年的圣经营快到来，也希望更多的弟兄姐妹参加。在此我要感谢所有为圣经营劳心劳力的传道、长执、炊事的阿姨们及令人怀念的辅导员们，愿神记念您们的爱心。

愿一切荣耀全归于主，阿门



辜洁怡 Phoebe Ko
少年班
巴生教会





我的休闲生活

耶！快要假期咯！可是假期显得非常的闷，所以我想要做一些休闲活动来充实自己。由于我是一位基督徒，所以在生活中少不了祷告和读圣经。有时候，在生活中遇到一些解决不了的问题，我会跪下来祷告求神帮助，而主耶稣会帮助我，就因为这样我时常都能依靠神。这就是我其中之一的休闲活动，对我来说也是最重要的事情。

接下来，在假期里会进行的休闲活动就是，我最爱的爸妈带我们一家人到公园散步或散散心，因为平时在学业上或者是在爸爸和妈妈的工作上是非常忙碌及背负着很重大的压力，所以有空就会到公园或其它地方去透透气。除了到公园散步，有时候爸爸和妈妈也会带我和兄妹去游泳。这时代的人们都为工作忙碌，偶尔到外面走走消除压力，因为休闲活动能够调解身心。

在家里的休闲活动应该就是上网，听歌，练习弹钢琴，这些活动都可以达到舒缓心情的效果。

这就是我计划的假期休闲生活，我迫不及待学校放假的到来



赖咏恩 (12岁)
少年班
和丰教会



赖咏圣 (13岁)
初级班
和丰教会

每个人都有各自的休闲生活，我也不例外，我的休闲生活里的活动是弹吉它，上网，看小说，听歌，等等……

在我空闲的时候，我就会做我喜欢的事情，尤其在考完试的期间，我会向朋友借一些书籍来看，有时候，边看书边听歌；有时候上网与朋友聊天或玩网上游戏。这些活动通常是在星期一至星期五空闲的时候做的。

而星期六和星期天的休闲活动就是与教会的朋友打篮球或踢球，有时还会玩抓迷藏，哈哈，真刺激。下雨天的话，我就躲在家里看电视。偶尔，爸爸也会带全家人到怡保Shopping。

这就是我的休闲生活，还蛮充实的。

我的休闲生活在我的生活中，休闲活动也占了一部分时间。而身为一位基督徒的休闲生活，必须有祷告和唱诗在内。以下有几个有关我在休闲生活的例子。

打羽毛球或游泳通常是在星期六或星期天才会上进行的休闲活动。而星期一至星期五，我就必须扮演好一位学生的角色，并且是以基督徒的身份做一位学生。

除了以上的例子，有时我也会阅读一些书籍，有时会听一些歌，上网或逛街等等。这类活动可以调理身心。

在家里的休闲活动就是烹饪，整理房间。

除了这些，身为一位基督徒的我所要做的休闲活动就是参加安息日聚会；学校放假的时候参加总会安排的圣经营和神学班，这些活动对我的信仰有造就，可以让我更亲近神。



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童讯

宗教教育系

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刊



孩童的心声