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**“Weeping**  
*may stay for the night,*  
**but rejoicing**  
*comes in the morning.”*

Psalm 30:5

# CALVARYNEWS

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# THE MAN OF SORROWS

By Associate Pastor David Seah

Grief is part of life. We grieve over the death of a loved one. But there are also other situations where we find ourselves grieving. For example, when a relationship is broken or when a divorce takes place. A serious illness can also bring us grief, as it could lead to loss of limbs or disability that affects our career, income, freedom, sexual function, self-control and dignity. We become disabled due to aging too. We are not able to do the things we used to do before, because we have aged.



The death of a dream, arising from infertility, or miscarriage, singlehood not by choice, loss of a job, a child that has gone astray, mid-life crisis, or anything that hinders us from experiencing the fulfilment of a deep desire, can cause grief. Or we could grieve because of a relocation. A moving of home, or school or job, could lead us to feel the disorienting grief of transition.

The word “grief” is derived from the French word “grève,” meaning a heavy burden. Indeed, the physical, emotional and psychological implications can be overwhelming. While our circumstances that lead us to grief may be varied, the feelings we experience when we go through grief, are quite common, be it for a child, a youth, an adult or someone older.

There are four common responses to grief.

- Denial – “This cannot be happening to me.”
- Anger – “Why is this happening? Who is to blame?”
- Bargaining – “Make this not happen, and in return I will do this.”
- Depression – “I’m too sad to do anything.”

## WHERE IS GOD WHEN WE GRIEVE?

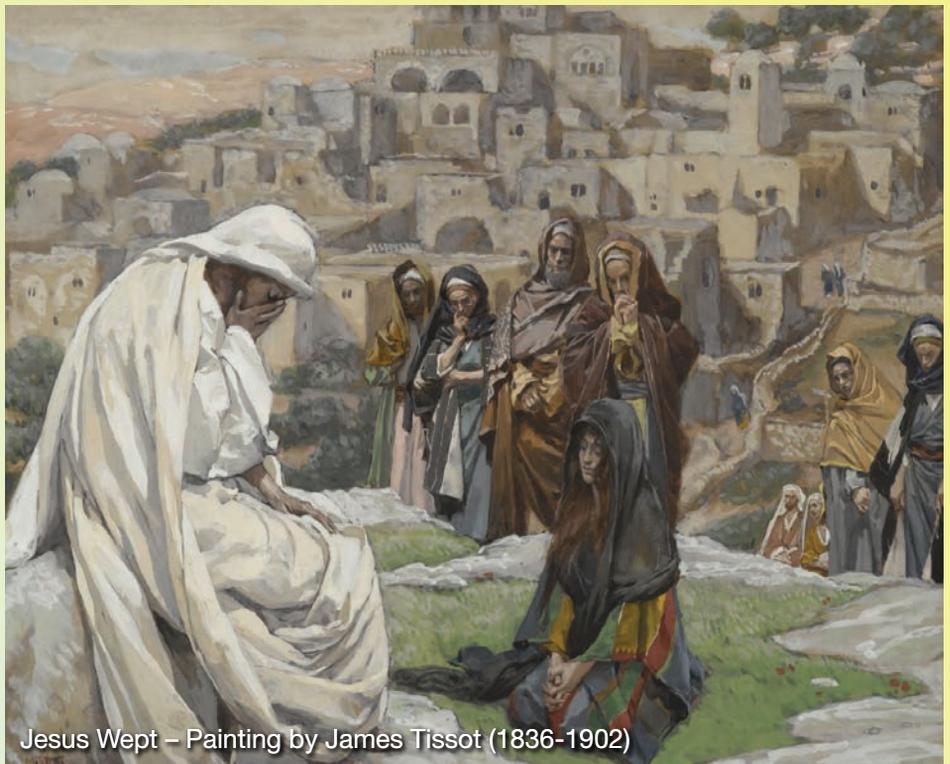
Our human mind is prone to think that the one who would rescue us ought to be strong, invincible, and immune to pain. But we are wrong. Because the one who is to rescue us can only rescue us, when he allows himself to be submerged in our suffering and sorrow, be wounded and be broken, by the sin, by evil and be rejected by a fallen world. And Jesus is the one.

The Prophet Isaiah described how Jesus, the coming Messiah was rejected and despised. The Bible says, “For He shall grow up before Him as a tender plant, and as a root out of dry ground. He has no form or comeliness; and when we see Him, there is no beauty that we should desire Him. He is despised and rejected by men, a Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. Surely He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, and by His stripes we are healed” (Isaiah 53:2-5).

The path Jesus had to take was not easy. To put it crudely, He has to go through hell to save us. The fact that God would become flesh and dwelt among us proved that God longed to touch His people and be touched by them. God subjected Himself to vulnerability and pain when He entered our world and walked among us. Years later, we see Isaiah’s prophecy was fulfilled in the person Jesus Christ.

### **JESUS WEPT**

The Bible says, “Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled. And He said, “Where have you laid him?” They said to Him, ‘Lord, come and see.’ Jesus wept” (John 11:33-35). Months ago, Jesus had spent a good deal of time in Lazarus’ house in Bethany with his family, particularly his two sisters, Mary



Jesus Wept – Painting by James Tissot (1836-1902)

and Martha. But now Lazarus was dead and had been in the grave for four days. When Jesus saw Mary and the Jews grieving over Lazarus’ death, Jesus groaned in the spirit and was troubled. He was moved when he saw the tears and heard the weeping. John 11, verse 35 says “Jesus wept.” Though Jesus knew He was about to raise Lazarus from the dead, but yet He wept, because He was acknowledging the legitimacy of the emotion of grief.

If you have been grieving, for weeks, or for months, be encouraged. Do not ignore nor cast aside your feelings of sorrow. Your grief moves the heart of Jesus. The Bible says, “You have kept count of my tossings; put my tears in your bottle. Are they not in your book?” (Psalm 56:8, ESV). The touching image of God catching our tears is full of meaning. Every tear of ours matters to Jesus, the Man of sorrows.

### **THE PAIN OF SEPARATION FROM THE FATHER ON THE CROSS**

But the Man of sorrows did not only embrace and understand our grief. He paid the price for our sin, offering Himself as a ransom for the salvation of mankind. He was in deep anguish to complete His Father’s will. Before Jesus was captured and tried, He prayed at the Garden of Gethsemane. He said this to his disciples, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me” (Matthew 26:38).

Our Lord began to experience deep anguish related to the cross, the cup of suffering He was about to partake. All through His life, there were many things that caused Him sorrow, but now it was all mounting to a climax! His soul was totally repulsed by the thought of going to the cross. Not because he abhorred the thought of the

physical pain He had to endure, but because He could not imagine the thought of the wrath of God being poured on Him - the horror and grief of the alienation and separation from His Father, to whom He is eternally connected to. We can never understand the depth of that type of a grief. Only Jesus can, and only Jesus did.

God the Father, God the Son and God the Holy Spirit are one. Thus, it's unfathomable that God would separate Himself from Himself. But that was exactly what God did on the cross. The Father turned away and the Son was abandoned. This was the deep sorrow of the cross that is incomprehensible, in all eternity.

God went through such sorrow and grief, so that He could take all our punishment, our past, our failings and our struggles, making possible our redemption, cleansing and transformation. We can take comfort in knowing that Jesus has experienced all manner of pain, including loss, rejection, betrayal, and death, so that our sins can be dealt with, our sentence be pardoned, and today we can stand as God's trophy of grace.

## WHAT WILL OUR RESPONSE BE TODAY?

### Believe!

In what we have no control over, trust God's promises. Our Heavenly Father knows best and His understanding is perfect. Isaiah 55:9 says, "For as the heavens are higher than the earth,

so are my ways higher than your ways, and my thoughts than your thoughts."

Just like Jesus who entered into the grief of the mourners in Bethany, God understands our grief. He stands at the entrance of the grave of our grief, and says to us "Come forth!". Let loose our grave clothes! Our grieving is over. Today the Risen Christ stands to turn our mourning into joy. The Bible says, "Weeping may remain for a night, but rejoicing comes in the morning" (Psalm 30:5, NIV). There is an end to our sorrow. Allow Christ to set us free, and bring us to a place of closure.

### Acceptance

We can say, "In spite of what has happened, it is well with my soul." "I'm at peace with what has happened."

### GRIEVE WELL

Let Jesus lead us in our phases of grief. They vary in duration from person to person. Some people need a year or two, while others may take less time. Healing a grieving heart is similar to healing a broken leg. Rushing the process can actually hinder our long-term recovery, like removing a cast before the bone is strong enough to bear weight. We must let it run its natural course with the comfort of the Saviour. Denying or repressing pain can lead to other problems.

There is a time for everything. The Bible says,

"Everything has its time, To everything there is a season, A time for every purpose under heaven:

- <sup>2</sup> A time to be born,  
And a time to die;  
A time to plant,  
And a time to pluck what is planted;
- <sup>3</sup> A time to kill,  
And a time to heal;  
And a time to build up;
- <sup>4</sup> A time to weep,  
And a time to laugh;  
A time to mourn,  
And a time to dance;

God will lead us to the place of acceptance, peace and hope for the future. We are made secured in His perfect love for us, knowing that we can trust His heart even when we can't trace His hand. That's when healing and closure can take place. And we will experience a release and a new found freedom in our spirit. Therefore today, we can declare, "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God" (2 Corinthians 1:3-4). Let us be used by God to comfort others in their times of grief with the same comfort we have received from God!

*All Bible quotations are in the New King James Version unless otherwise indicated.*

# 忧患之子

文: David Seah 牧师

**悲伤是人生的一部分。我们为亲人的逝世而悲伤。但我们也会经历一些其它的情况而悲伤。例如，关系的破裂或离异发生时。一场重病也可以给我们带来悲伤，因它会导致失去手、脚或残疾，而影响我们的职业，收入，自由，性功能，自我控制，和尊严。由于逐渐变老，我们也失去身体的功能。我们不能做以前做过的事情，因为我们已经变老了。**

失去未来的梦想，由于不育或流产，没有选择的单身，失去工作，孩子误入歧途，中年危机，或任何拦阻我们不能经历实现深处渴望的事物，也能导致悲伤。或者我们可能因为搬迁而悲伤。搬家，或换学校或换工作，都能导致我们过渡期间陷入茫然的悲伤的感觉。

「悲伤」一词是来自法文“grève”，意思是沉重的负担。事实上，在生理，情绪和心理上的影响可能是压倒性的。虽然导致我们悲伤的情况可能会不同，但当我们渡过悲伤时，所经历的感觉是共同的，无论是对孩子，青年，成人或者是老年人。

有四种常见的悲伤反应。

- 否认—「这不可能发生在我身上。」
- 愤怒—「为什么会这样？应归咎于谁？」
- 协商—「不要让它发生，我会做这些事作为回报。」
- 沮丧—「我太伤心不能做任何事情。」

## 当我们经历悲伤时神在哪里？

我们人类的思想倾向于认为会拯救我们的那一位应当是强有力的，无敌的和不受痛苦的。但我们错了。因为要拯救我们的那一位，只能当他让自己被沉浸于我们的痛苦和悲伤中，被罪和邪恶所伤害和破碎，并被堕落的世人所拒绝时拯救我们。而耶稣就是那一位拯救者。

先知以赛亚描述耶稣，将临的弥赛亚如何被人拒绝和藐视。圣经说道：「他在耶和華面前生长如嫩芽，像根出于干地。他无佳形容容使我们注视他，也无美貌使我们仰慕他。他被藐视，被人厌弃；多受痛苦，常经忧患。他被藐视，好像被人掩面不看的一样，我们也不尊重他。他诚然担当我们的忧患，背负我们的痛苦；我们却以为他受责罚，是被神击打苦待。他为我们的过犯受害，为我们的罪孽被压伤。因

他受的惩罚，我们得平安；因他受的鞭伤，我们得医治。」（赛53:2-5）。

耶稣要走的路并不容易。说得俗些，他需要赴汤蹈火历尽艰难来救我们。事实上，神要道成肉身，并住在我们中间证明了神渴望触摸他的子民，并被他们摸著。当他进入我们的世界并在我们中间行走时，神自己要承受脆弱和伤痛。多年后，以赛亚的预言得到应验。

## 耶稣哭了

圣经说道：「耶稣看见她哭，并看见与她同来的犹太人也哭，就心里悲叹，又甚忧愁，就说：“你们把他安放在哪里？”他们对他说道：“主啊，请你来看。”耶稣哭了。」（约11:33-35）。几个月前，耶稣在拉撒路家里和他的家人常在一起，特别是他的两位姐妹马利亚和马大。但是现在拉撒路死了，在坟墓里已经四天了。当耶稣看见马利亚与她同来的犹太人为拉撒路的死哀哭，就心里悲叹，又甚忧愁。当他看到眼泪，听到哭泣的时候，他被感动了。约翰福音11章35节说：「耶稣哭了」。虽然耶稣知道他要叫拉撒路从死里复活，但他不禁哭了，因为他承认情绪的悲伤表现的合法性。

若你正处在悲伤中有几个星期或几个月了，我要鼓励你。不要忽视，或把你悲伤的情绪置之不理。你的悲伤能触动耶稣的心。圣经说道：「我几次流离，你都数算；求你把我的眼泪装在你的皮袋里。这一切不都记在你的册子上吗？」（诗56:8）。神把我们眼泪装起来的感人形象是富有意义的。我们一切的眼泪对忧患之子耶稣来说很重要。

## 在十字架上与父隔绝的伤痛

但忧患之子不仅拥抱和理解我们的悲伤。他为我们的罪付出代价，将自己当作拯救人类的赎价。他为遵行父的旨意，身受沉痛的哀伤。在耶稣被捕和受审之前，他在客西马尼亚园祈祷。他对他的门徒这么说：「我心里非常忧伤，几乎要死；你们留在这里，和我一同警醒」（太26:38）。

我们的主开始经历与十字架有关的沉痛哀伤，即他将亲尝的苦杯。在他的一生中，有许多事情使他感到悲伤，但现在这一切已经达到了高潮！他的心灵完全被上十字架的意念排斥。不是因为他厌倦他要遭受身体痛苦的想法，而是因为他无法想象神的愤怒将倾倒在他身上一 与他在永恒里连在一起的父分开和隔绝的恐惧和悲伤。我们永远不能理解这种悲伤的深度。只有耶稣能而且只有耶稣做到。

圣父，圣子和圣灵是一体的。我们相信三位一体的神。因此，神会把自己与自己分开是深奥难测。但这正是神在十字架上所成就的。圣父转过脸，圣子被抛弃了。这是十字架的沉痛忧伤，永远是不可思议的。

神经历了这样的忧伤和悲伤，以致他能够担当我们所有的惩罚，我们的过去，我们

的过失和挣扎，以致我们可以得到救赎，洁净和改变。我们能感到安慰因知道耶稣经历了各种痛苦，包括失落，拒绝，背叛和死亡，以致我们的罪可以受到对付，我们的判决就得到赦免，今天我们可以成为神的恩典的记号。

## 今天我们的回应是什么？

### 相信！

在我们无法控制的事上，信靠神的应许。我们的天父什么都知道，他的意念是完美的。赛55:9说：「天怎样高过地，照样，我的道路高过你们的道路，我的意念高过你们的意念」。

就像耶稣进入伯大尼的哀悼者的悲伤，神明白我们的悲伤。他站在我们悲伤的坟墓的门口，对我们说：「出来吧！」解开我们的裹尸布！我们的悲伤已经结束了。今天复活的基督要将我们的哀伤变成欢乐。圣经说道：「一宿虽然有哭泣，早晨便必欢呼」（诗30:5）。我们的悲伤已经结束了。让基督释放我们，并把我們帶到一个终止的阶段。

### 接受

我们可以说，“尽管所发生的事，我心灵得安宁”。“我的心可以接受所发生的事。”

### 好好的渡过悲伤期

让耶稣引导我们经过悲伤的阶段。每个人经历悲伤的历程和时间都是不同的。有些人需要一两年，而另外一些人可能需要较短的时间。疗愈一颗悲伤的心类似于疗愈一条断腿。匆促的过程实际上可能会阻碍我们的长期复元，如同在骨头足够坚强以承受体重之前把石膏模移除。我们必须藉著救主的安慰，让它自然的渡过疗程。否认或压抑哀恸可能导致其他问题。

圣经说道：「凡事都有定期，天下每一事务都有定时。生有时，死有时；栽种有时，拔出有时；杀戮有时，医治有时；拆毁有时，建造有时；哭有时，笑有时；哀恸有时，跳舞有时；」

神必带领我们到接受，平安和对未来有盼望的阶段。我们在他对我们完全的爱里得到保障，知道即使我们不清楚神的带领，我们也能信靠他。那就能产生疗愈和终止的阶段。我们将在我们的灵里体验到释放和找到新的自由。所以今天我们可以宣告：「愿颂赞归于神—我们主耶稣基督的父；他是发慈悲的父，赐各样安慰的神。我们在一切患难中，他安慰我们，使我们能用神所赐的安慰去安慰那些遭各样患难的人」（林后1:3-4）。让我们被神使用，以我们从神那里得到的安慰，去安慰那些在经历悲伤中的人！

以上经文是采用中文圣经和合本修订版。

# AN EMPOWERING FATHER'S DAY SERVICE

By Michael Loon & Victoria Choi



Senior Pastor praying for fathers

God entrusted families to fathers. Fathers are the head of the family, and they are to care for their families and bring up their children in the ways of the Lord. Calvary Church took opportunity to honour all fathers present on Father's Day, on Sunday, 18 June 2017 at Calvary Convention Centre.

Before the service, as early as 7.30am, more than 150 fathers and their families were all smiles as they enjoyed the pre-purchased breakfast cooked and served by their own children. This was a

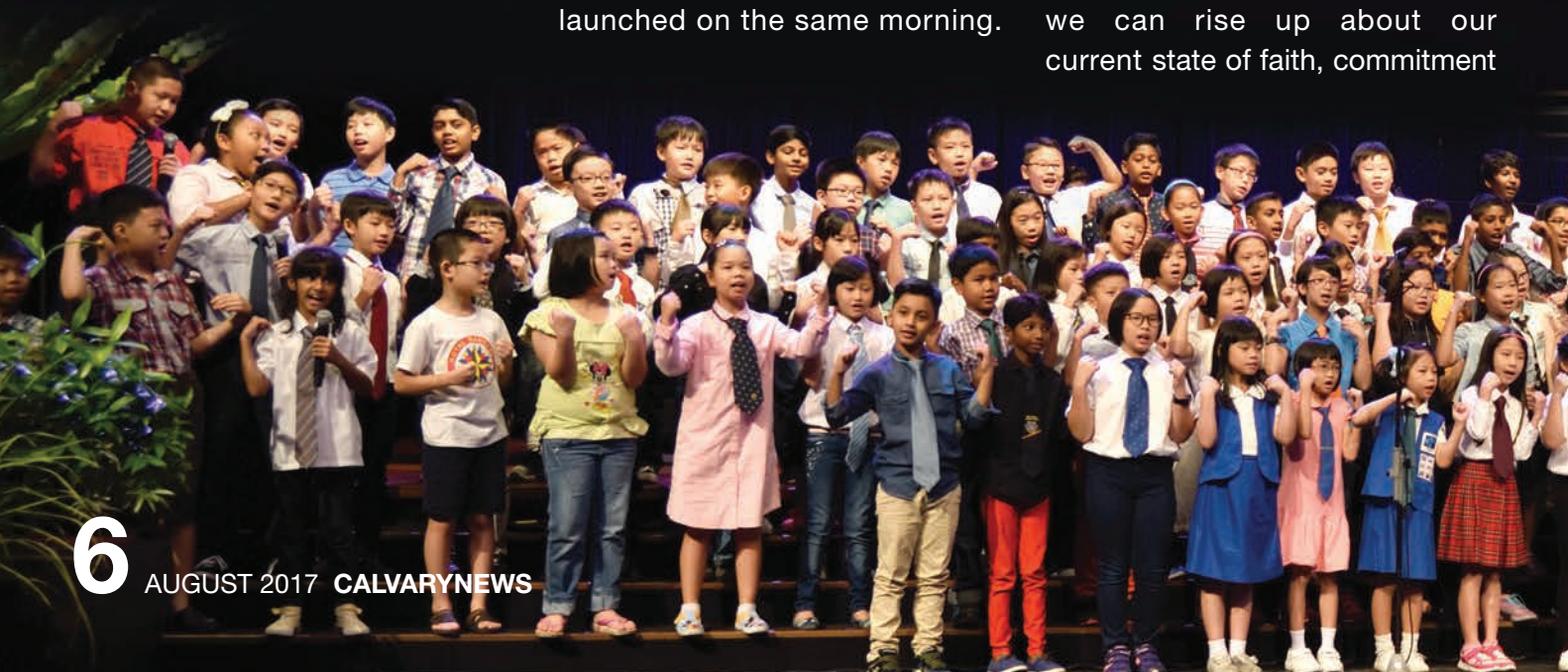
special treat organized by the Royal Rangers and Missionettes who provided stoves and frying pans for the cooking. Violinists provided delightful music that enhanced the ambience at the CCC garden during the breakfast.

At the service, we started with an exuberant time of worship. Next, all fathers present were acknowledged and prayed for. They also received a copy of Senior Pastor Prince Guneratnam's new book, "Rising above the Storms of Life" which was launched on the same morning.



The fathers were also blessed by two lively special numbers, "My Dad Rocks" and "My Dad is So Great" by the children from Carpenters' Workshop.

Associate Pastor Timothy Ong used the wispy-looking but "tough" dandelions to illustrate three lessons on "Rising above Your Status Quo". First, God has enriched our life through His grace (1 Corinthians 1:3-9), and we can be bright and cheerful all day long. Second, we are to be tenacious in our faith. Like the dandelions which can pop up in unexpectedly tough places, we can rise up about our current state of faith, commitment





Son frying eggs for his father



Fathers and grandfathers enjoying breakfast with their families



Men's choir singing harmonic and melodic song



At the close of the altar call, Senior Pastor Prince Guneratnam prayed a prayer of blessing for all fathers. Then we were blessed by a beautiful song presented by a 40-strong men's choir, who looked smart and elegant in traditional attire.

and dedication by allowing God's "dynamite" power to work in and through our life (Ephesians 1:15-21). Third, we are to reproduce in proliferation by acting in faith. We are to be proactive and volunteer

to pray for others with needs, share our testimonies freely of what God is doing for us and pray the prayer of faith. We were also equipped with sample prayers provided by Pastor Timothy.

We truly praise and thank God for fathers for their sacrificial love in building and strengthening their families. In the times we are living, may our Heavenly Father continue to strengthen and empower every father to be His mouthpiece. Godly fathers make strong families, and strong families make a nation strong.



Senior Pastor signing his new book after the service



Father receiving a copy of Senior Pastor's new book



Children ages 5-6 years presenting exciting song with actions



Children ages 7-11 years presenting energetic song

# A FAITH-BUILDING MISSIONS EMPHASIS

By Lim Aileen



Dr. Satyavrata sharing a powerful message



Praying for Faith Promise partners

***“Is there anything about our lives that should convince anyone around us to turn to Jesus?”***

Missions Emphasis began on Friday, 7 July 2017 as we gathered for Missions Prayer Service. After a lively worship, Associate Pastor Yong Chee Weng took us through a visual and participative experience by turning off the lights at Damansara Heights’ sanctuary and used hand phones’ torchlights to highlight the needs to proclaim the gospel in Malaysia and globally.

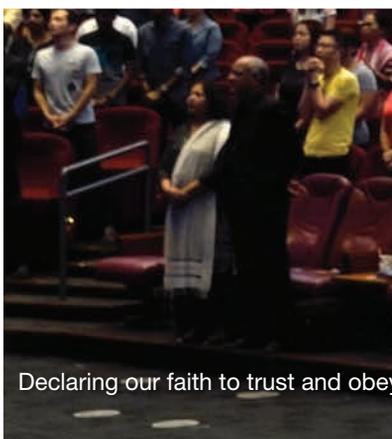
Rev. Dr. Ivan Satyavrata then took the pulpit. He is the senior pastor of Assemblies of God Church Kolkota in India and a highly regarded theologian who serves as a professor and on governing bodies of five seminaries. He preached on “The Lion Roars and the Children Come Home”, stating that the Lion symbolises royalty, courage, strength and victory. The Lion’s roar signifies control and announces victory. He closed with Hosea 11:10 that “when the lion roars, the children come home”, challenging



Calvarites committing themselves to the Lord at the altar on Friday



Responding to the Faith Promise pledges at Calvary Damansara Heights



Declaring our faith to trust and obey the Lord



Worship choir in traditional costumes



Pastor Chee Weng sharing the missions highlights

Samaritan. He highlighted that each of us are either takers (what's yours is mine), keepers (what's mine is mine), or givers (what's mine is God's). We should be like the Samaritan who helped a stranger in need, and grab the opportunities God gives us to give of ourselves so that in giving we are obeying Jesus' call to "Go and do likewise" (Luke 10:37b). He reminds us that in giving to God, we may regret giving less but we will never regret giving more.

us to roar in our intercession so that the lost may come home to God. At the altar, we gathered to declare the victory that God has given to us and commit ourselves to proclaim the gospel.

At the Faith Promise services on 8 and 9 July 2017, after an exuberant praise and worship, Pastor Chee Weng shared the January to June missions video highlights followed by presenting the July to December Faith Promise challenge. Dr. Satyavrata then shared an empowering sermon from Luke 10, the story of the good

Senior Pastor Prince Guneratnam then challenged everyone to exercise faith and make a Faith Promise pledge. He led us in a corporate declaration that we will trust and obey God in fulfilling our pledges as God blesses us.

The weekend marked the beginning of renewed hearts for missions work both locally and globally for the Lord.



Filling up the Faith Promise cards



# THE MISSIONS JOURNEY

By Jason Sia



Pastor Chee Weng briefing the participants



Listening to the challenges faced at sub-Saharan Tuareg gathering



Trying the Myanmar soup after fellowship



Worshipping the Lord in an Indian Tamil church

One hundred and forty two adults and children participated in an exciting and interactive simulation on missions. We were placed into six groups and guided to six different stations around Calvary Convention Centre after a short briefing by Associate Pastor Yong Chee Weng.

In these stations, we experienced worshipping and reading the Bible in the local languages from different churches around the world. At the end of each station, we prayed for the local church and salvation of people in those countries.

We went from a semi-rural China underground house church to a nomadic gathering in sub-Sahara, then to a church with extreme persecution and threat on the lives of the believers. We also visited a Syrian church, followed by a

Myanmar fellowship where local soup was served after church, and lastly an Indian Tamil urban church where other religions remain a stronghold in these nations.

After one hour of journey, we gathered back for debriefing whereby each of us took time to evaluate our own missions journey, i.e. our current missions' awareness and involvement. Pastor Chee Weng closed with suggested action steps to help each one deepen their missions involvement.

## Here are some testimonies from the participants:

**Lim Cheng Hoe and Wendy with their two daughters, Angelyn and Cherissa** – "It has enriched us with more awareness and knowledge on our fellow brothers and sisters' cultures and worshipping God in their

countries. We are very thankful and blessed to have freedom of worship in Malaysia."

**Amy Tan** – "Through the simulation exercise, reality that dawned on me is 'be prepared to lay down your life in the course of missions'."

**Tam Kok Meng and Bee Peng** – "We read about the persecution of underground Christian churches in China but to 'experience' it during the mission journey was an eye opener. We were impacted that some believers in China may have to choose life on earth or the everlasting life in God."

**Wong Yih Mun** – "I had witnessed a 'real' mission field happening on the ground. It reminded me that mission work is not easy but it is crucial for the works of the Kingdom, reaching out to the lost."



Gathering in a dark underground house church



Experiencing a highly secretive church



Praying for the Christians and salvation of people in Syria

# SEMINAR ON “SHARING CHRIST IN A PLURALISTIC SOCIETY”

By Lim Ai Leen



Participants interacting with one another



Dr. Satyavrata sharing a practical lesson

In conjunction with the Missions Emphasis, the AIM Christian College conducted a special seminar with Rev. Dr. Ivan Satyavrata. The seminar aimed to address difficulties that modern Christians face in a world where secularisation threatens to silence religion. Bright and early in the morning on Saturday, 8 July 2017, 240 eager participants filled Theatre 3 at Calvary Convention Centre armed with notebooks and a thirst for learning.

evangelism. The first session dealt with the fact that living in a multi-faith society built on conformity and tolerance could be in direct conflict with our call to spread the good news of Jesus Christ. After an engaging first session and a short tea break for fellowship, Dr. Satyavrata followed through the second session with an empowering message to build relationships based on compassion and love.

Dr. Satyavrata spared no time easing into the real issues of the glaring presence of pluralism in our modern society and its impact on

The seminar ended on an encouraging note to most importantly love our neighbour, thus avoiding conflict and planting good seeds where God leads us to.



Participants engaging in meaningful discussions



Having light refreshment and fellowship with one another

# MANUSIA YANG DALAM KESEDIHAN

Oleh Pendeta Sekutu David Seah

**Kesedihan adalah sebahagian dari kehidupan. Kita bersedih atas kematian orang yang dicintai. Tapi ada juga situasi lain dimana kita menemukan diri kita berduka. Misalnya, ketika sebuah hubungan sudah putus atau saat perceraian terjadi. Penyakit serius juga dapat membawa kita kesedihan, kerana mengakibatkan hilangnya anggota badan atau kecacatan yang mempengaruhi pekerjaan, pendapatan, kebebasan, fungsi seksual, pengawalan diri dan martabat kita. Kita menjadi cacat kerana proses penuaan juga. Kita tidak dapat melakukan hal-hal yang biasa kita lakukan sebelumnya, kerana kita sudah berusia.**

Kematian sebuah impian, yang timbul dari kemandulan, atau keguguran, bersendirian bukan kerana pilihan, kehilangan pekerjaan, anak yang telah tersesat, krisis pertengahan hidup, atau apapun yang menghalangi kita untuk mengalami kepenuhan keinginan yang mendalam, juga dapat menyebabkan kesedihan. Atau kita berduka kerana berpindah. Perpindahan rumah, atau sekolah atau pekerjaan, membuat kita merasakan kesedihan transisi yang membingungkan.

Kata “duka” berasal dari kata Perancis “grève,” yang bererti beban berat. Memang, implikasi fizik, emosional dan psikologis sangat banyak. Sementara keadaan kita yang membawa kita pada kesedihan beraneka, perasaan yang kita alami saat mengalami kesedihan, cukup umum, baik untuk anak kecil, remaja, orang dewasa atau seseorang yang lebih tua.

Ada empat tanggapan umum terhadap kesedihan.

- Penafian - “Ini tidak mungkin terjadi pada saya.”
- Kemarahan - “Mengapa ini terjadi? Siapa yang harus disalahkan?”
- Perundingan - “Buat ini tidak terjadi, dan sebagai gantinya saya akan melakukan ini.”
- Depresi - “Saya terlalu sedih untuk melakukan apapun.”

## **DIMANAKAH TUHAN SAAT KITA BERDUKA?**

Fikiran manusia cenderung berfikir bahwa orang yang akan menyelamatkan

kita seharusnya kuat, tak terkalahkan, dan kebal terhadap rasa sakit. Tapi kita salah. Kerana siapa yang dapat menyelamatkan kita hanya dapat menyelamatkan kita, ketika dia membiarkan dirinya tenggelam dalam penderitaan dan kesedihan kita, terluka dan dipatahkan, oleh dosa, oleh kejahatan dan ditolak oleh dunia yang jatuh. Dan Yesuslah orangnya.

Nabi Yesaya menggambarkan bagaimana Yesus, Mesias yang akan datang ditolak dan dibenci. Alkitab berkata, “Sebagai taruk ia tumbuh di hadapan TUHAN dan sebagai tunas dari tanah kering. Ia tidak tampan dan semaraknyapun tidak ada sehingga kita memandangnya, dan rupapun tidak, sehingga kita menginginkannya. Ia dihina dan dihindari orang, seorang yang penuh kesengsaraan dan yang biasa menderita kesakitan; ia sangat dihina, sehingga orang menutup mukanya terhadap dia dan bagi kitapun dia tidak masuk hitungan. Tetapi sesungguhnya, penyakit kitalah yang ditanggungnya, dan kesengsaraan kita yang dipikulnya, padahal kita mengira dia kena tulah, dipukul dan ditindas Tuhan. Tetapi dia tertikam oleh karena pemberontakan kita, dia diremukkan oleh karena kejahatan kita; ganjaran yang mendatangkan keselamatan bagi kita ditimpakan kepadanya, dan oleh bilur-bilurnya kita menjadi sembuh” (Yesaya 53: 2-5).

Jalan yang harus ditempuh Yesus tidaklah mudah. Dengan kasar, Dia harus melewati neraka untuk menyelamatkan kita. Fakta bahwa

Tuhan akan menjadi manusia dan tinggal di antara kita membuktikan bahwa Tuhan rindu untuk menjamah umatNya dan dijamah oleh mereka. Tuhan menundukkan diri pada kesediaan dan rasa sakit saat Ia memasuki dunia kita dan berjalan di antara kita. Bertahun-tahun kemudian, nubuat Yesaya digenapi.

## **YESUS MENANGIS**

Alkitab mengatakan, “Ketika Yesus melihat Maria menangis dan juga orang-orang Yahudi yang datang bersamanya dia, maka masygullah hati-Nya. Ia sangat terharu dan berkata: “Di manakah dia kamu baringkan?” Jawab mereka: “Tuhan, marilah dan lihatlah!” Maka menangislah Yesus.” (Yohanes 11: 33-35). Beberapa bulan yang lalu, Yesus telah menghabiskan banyak waktu di rumah Lazarus di Betania bersama keluarganya, terutama dua saudara perempuannya, Maria dan Marta. Tapi sekarang Lazarus sudah meninggal dan telah berada dalam kuburan selama empat hari. Ketika Yesus melihat Maria dan orang-orang Yahudi yang berduka atas kematian Lazarus, Yesus mengerang dalam roh dan merasa terganggu. Dia tergerak saat melihat air mata dan mendengar tangisannya. Yohanes 11, ayat 35 mengatakan “Yesus menangis.” Meskipun Yesus tahu bahwa Dia akan membangkitkan Lazarus dari kematian, namun Dia menangis, kerana Ia mengakui kesahihan emosi kesedihan.

Jika kamu berduka, berminggu-minggu, atau berbulan-bulan, biarlah kamu didorongkan. Jangan mengabaikan atau membuang perasaan sedih kamu. Kesedihan kamu menyentuh hati Yesus. Alkitab mengatakan, “Sengsaraku Engkaulah yang menghitung-hitung, air mataku Kau taruh ke dalam kirbat-Mu. Bukankah semuanya telah Kau daftarkan?” (Mazmur 56: 8). Gambaran Tuhan yang menangkap air mata kita penuh makna. Setiap air mata kita penting bagi Yesus, Manusia yang penuh penderitaan.

## **KESAKITAN OLEH PEMISAHAN DARI BAPA DIATAS SALIB**

Tapi Manusia yang dalam kesedihan tidak hanya merangkul dan memahami kesedihan kita. Dia membayar harga untuk dosa kita, mempersembahkan

dirinya sebagai tebusan untuk keselamatan umat manusia. Dia sangat menderita dalam melakukan kehendak Bapanya. Sebelum Yesus ditangkap dan diadili, Dia berdoa di Taman Getsemani. Dia mengatakan hal ini kepada murid-muridnya, "Hati-Ku sangat sedih, seperti mau mati rasanya. Tinggallah di sini dan berjaga-jagalah dengan Aku" (Matius 26:38).

Tuhan kita mulai mengalami penderitaan mendalam yang berkaitan dengan salib, cawan penderitaan yang akan dia lalui. Sepanjang hidupnya, ada banyak hal yang menyebabkan Dia berduka, tapi sekarang semua sudah mencapai puncaknya! Jiwanya benar-benar menolak kerana memikirkan untuk pergi ke salib. Bukan kerana dia membenci fikiran akan penderitaan fizik yang harus ditanggungnya, tapi kerana Dia tidak dapat membayangkan pemikiran tentang murka Tuhan dicurahkan ke atasNya - kengerian dan duka pengasingan dan pemisahan dari Bapa-Nya, kepada siapa Dia berada terhubung secara tetap. Kita tidak akan dapat memahami kedalaman dari jenis kesedihan itu. Hanya Yesus yang dapat dan hanya Yesus yang mampu melakukannya.

Tuhan Bapa, Tuhan Anak dan Tuhan Roh Kudus adalah satu. Kita percaya pada Tuhan Tritunggal. Jadi, tidak dapat difahami bahwa Tuhan akan memisahkan dirinya dari dirinya sendiri. Tapi itulah yang Tuhan lakukan di kayu salib. Bapa berpaling dan Anak ditinggalkan. Ini adalah dukacita mendalam dari salib yang tidak dapat difahami, dalam segala kekekalan.

Tuhan mengalami kesedihan dan penderitaan seperti itu, supaya Dia dapat menanggung semua hukuman, masa lalu kita, kegagalan dan pergumulan kita sehingga kita dapat ditebus, disucikan dan diubahkan. Kita dapat dihiburkan saat mengetahui bahwa Yesus telah mengalami segala macam rasa sakit, termasuk kehilangan, penolakan, pengkhianatan, dan kematian, sehingga dosa-dosa kita dapat diatasi, hukuman kita diampuni,

dan hari ini kita dapat berdiri sebagai piala rahmat Tuhan.

## APAKAH YANG MENJADI RESPON KITA HARI INI?

### Percaya!

Dalam apa yang tidak mampu kita kendalikan, percayalah janji Tuhan. Bapa Surgawi kita tahu yang terbaik dan pengertianNya sempurna. Yesaya 55:9 mengatakan, "Seperti tingginya langit dari bumi, demikianlah tingginya jalan-Ku dari jalanmu dan rancangan-Ku dari rancanganmu".

Sama seperti Yesus yang mengalami kesedihan seperti para pekabung di Betania, Tuhan mengerti kesedihan kita. Dia berdiri di pintu masuk kuburan kesedihan kita, dan berkata kepada kita "Datang, marilah!". Lepaskan pakaian kabung kita! Perkabungan kita sudah berakhir. Hari ini Kristus Yang Bangkit berdiri untuk mengubah perkabungan kita menjadi sukacita. Alkitab berkata, "Sebab sesaat saja la murka, tetapi seumur hidup la murah hati; sepanjang malam ada tangisan, menjelang pagi terdengar sorak-sorai." (Mazmur 30:5). Ada pengakhiran dari kesedihan kita. Biarkan Kristus membebaskan kita, dan membawa kita ke tempat penutupan.

### Penerimaan

Kita dapat mengatakan, "Walaupun apa yang telah terjadi, amanlah jiwa ku." "Saya merasa damai dengan apa yang telah terjadi."

### BERDUKA DENGAN AMAN

Biarkan Yesus memimpin kita dalam proses kesedihan kita. Mereka berbeza dalam jangka waktu dari seseorang ke seseorang yang lain. Beberapa orang memerlukan satu atau dua tahun, sementara yang lain mungkin memerlukan sedikit waktu. Penyembuhan jantung yang berduka mirip dengan penyembuhan patah kaki. Proses yang terburu-buru justru boleh menghambat pemulihan jangka panjang kita, seperti mengeluarkan alat penguatan tulang sebelum tulang cukup kuat untuk menahan berat badan. Kita harus membiarkannya

berjalan sesuai alam dengan kenyamanan Juruselamat. Menyangkal atau menafikan rasa sakit akan menyebabkan timbul masalah lain.

Ada saatnya untuk segala sesuatu. Alkitab mengatakan, "Segala sesuatu ada waktunya, Untuk segala sesuatu ada musim, Suatu waktu untuk setiap tujuan di bawah langit:

- <sup>2</sup> Ada waktu untuk lahir, ada waktu untuk meninggal, Ada waktu untuk menanam, ada waktu untuk mencabut yang ditanam;
- <sup>3</sup> Ada waktu untuk membunuh, ada waktu untuk menyembuhkan; ada waktu untuk merombak, ada waktu untuk membangun;
- <sup>4</sup> Ada waktu untuk menangis, ada waktu untuk tertawa; Ada waktu untuk meratap; ada waktu untuk menari;

Tuhan akan membawa kita ke tempat penerimaan, kedamaian dan harapan untuk masa depan. Kita diamankan dengan kasihNya yang sempurna bagi kita, kerana kita tahu bahwa kita dapat mempercayai hatiNya bahkan ketika kita tidak dapat merasakan tanganNya. Saat itulah penyembuhan dan penutupan boleh terjadi. Dan kita akan mengalami pelepasan dan kebebasan baru ditemukan dalam semangat kita. Oleh kerana itu hari ini, kita dapat menyatakan, "Terpujilah Tuhan, Bapa Tuhan kita Yesus Kristus, Bapa yang penuh belas kasihan dan Tuhan sumber segala penghiburan, yang menghibur kami dalam segala penderitaan kami, sehingga kami sanggup menghibur mereka, yang berada dalam bermacam-macam penderitaan dengan penghiburan yang kami terima sendiri dari Tuhan" (2 Korintus 1: 3-4). Marilah kita dipakai Tuhan untuk menghibur orang lain di masa kesedihan mereka dengan penghiburan yang sama seperti yang kita terima dari Tuhan!

*Semua petikan Alkitab adalah dari Alkitab Bahasa Indonesia melainkan dinyatakan.*

## Quarterly Bahasa Malaysia Fellowship

**Date:** Sunday, 13 August 2017  
**Time:** 11.30am - 1.00pm  
**Venue:** Theatrette 1, Level B2, CCC  
**Speaker:** Associate Pastor David Seah

There will be an emphasis to pray for the nation of Indonesia, in conjunction with the Indonesian Independence Day.

All are welcome! For enquiries, please call, **03-89995532 ext 414.**

# YOUTH MISSIONS

By Timothy Yee



Pastor Sheila sharing a timely reminder message



Youth enjoying the illustration

Excuses, excuses, excuses! Time and time again we find ourselves resorting to excuse when responsibilities seems overwhelming, the task at hand becomes challenging or when our commitment requires more sacrifice than we expected.

Pastor Sheila Satyavrata (wife of our Missions Emphasis speaker) shared in our Youth Missions Service on how Moses, one of the heroes of faith struggled when he was first called by God at the burning bush. As Moses gave excuse after excuse in response to God's call in Exodus 4, God then

asked Moses, "What is that in your hand?". Miraculously, the staff that Moses was holding turned into a snake when he threw it on the ground. It then turned back into a staff when he picked it up again. The staff would just remain a staff in Moses' hand but God made the miracle possible.

"What do you have in your hands, young people?" That was the emphasis of Pastor Sheila's message. We have on one hand, gifts and talents that God has blessed us with, and in the other hand, are also the weaknesses

and challenges that we face. Like Moses, whatever we have in our hands, God can use it for His glory and His purpose. She ended by giving each of us a seed, reminding us the potential God has placed in each of us. Then the young people brought what was in their hands, written out symbolically on a pair of printed out hands, to God at the altar, for God to take them and use them to see others come to Christ.

We thank God for the timely reminder to live our lives faithfully as His stewards.

# KIDS' MISSIONS EMPHASIS

By Patrina Chan

The Kids' Missions Emphasis focused on proclaiming the Good News, freedom and the Lord's favour to those who do not know God. On Friday, 7 July 2017, the kids learnt that they are called to proclaim the Good News to the non-Christians through an exciting and interactive teaching session

with a fishing game. They then learned that they are the bridge for others to know and accept salvation in Christ either through direct missionary work or Faith Promise giving.

On Sunday, 9 July 2017, 55 kids who faithfully gave to the first

half of the year 2017 Faith Promise were awarded as an encouragement to be faithful in doing God's work. Praise God, with a renewed faith, we saw an increase of number of children participated for the July to December 2017 Faith Promise commitment.



Children participating in Faith Promise pledges



Children exercising their faith

## How Deep Are Your Roots?

How fruitful a tree is, largely depends on its roots. Similarly, who we are and become, is determined by the depth of our roots. The deeper our roots are, the higher we flourish!

Seminar for LG Leaders, Hosts and Potential Leaders (by invitation) at 12.00pm – 4.30pm



**Saturday, 19 August 2017**  
**Calvary Damansara Heights**

*Organised by the Life Group (LG) Ministry*

## Seize this opportunity

to receive an inspiring message by our Senior Pastor Prince Guneratnam at the 5.00pm Open Session! (combined with the Saturday Worship Service)

All are welcome.  
You will be blessed!

**For enquiries, please call 03-89995532 ext. 408**



**Saturday, 30 September 2017**  
**7.00am Flag Off**  
**Calvary Convention Centre**

**3KM**

(FAMILY AND KIDS)

**5KM**

(MEN AND WOMEN OPEN)

**10KM**



Register at our counter after our Worship Services in August! or sign-up online at [www.racexasia.com/event/bukit-jalil-ccc-run-2017](http://www.racexasia.com/event/bukit-jalil-ccc-run-2017)

For more info, visit [www.bjcccrun.com](http://www.bjcccrun.com)

Be part of this exciting and fun-filled carnival:

- Set-up F&B/Bazaar/Games stall
- Advertise in the souvenir booklet!
- Sponsor an orphanage and be a blessing
- Volunteer as helpers

**Calvary**  
**CARNIVAL**  
**2017**

**Saturday, 28 October 2017**  
**9.00am – 5.00pm**  
**Calvary Convention Centre**

Visit our counter after our Worship Services!  
Alternatively email us at [calvarycarnival@gmail.com](mailto:calvarycarnival@gmail.com)  
or call **03-20930175**

# WORSHIP SCHEDULE AUGUST 2017

## SATURDAY AT 5.00PM

### Calvary Damansara Heights

- 05** Associate Pastor David Seah  
**Communion**
- 12** Associate Pastor Peter Ong  
**Water Baptism**
- 19** Senior Pastor Prince Guneratnam
- 26** Associate Pastor Yong Chee Weng

## SUNDAY AT 9.00AM

### Calvary Convention Centre

- 06** Senior Pastor Prince Guneratnam  
**Communion**
- 13** Associate Pastor David Seah
- 20** Associate Pastor Peter Ong
- 27** Associate Pastor Steven Kum



**CALVARY CHURCH** (Assemblies of God)  
CHRIST-CENTRED • EVANGELICAL • MISSIONARY  
2 Jalan Damansara Endah, Damansara Heights, 50490 Kuala Lumpur, Malaysia

**CALVARY CONVENTION CENTRE**  
1 Jalan Jalil Perkasa 1, Bukit Jalil, 57100 Kuala Lumpur, Malaysia  
Tel: 03 8999 5532 Website: <http://www.calvary.org.my> Email: [email@calvary.org.my](mailto:email@calvary.org.my)

Senior Pastor Rev. Tan Sri Datuk Dr. Prince Guneratnam

## SHORT COURSE ON

### “Minister To People Who Have Terminal Diseases”

Organised by Calvary Prayer Tower

**Dates:** Saturdays, 29 July, 5 & 12 August 2017  
**Time:** 10.30am – 12.00pm  
**Venue:** Prayer Tower Chapel (Level 3)

Romans 8:28 is the all “encompassing” scripture of comfort. But the person who is loaded down with a disease cannot see the “good” in his or her situation. In this course, you will learn to minister with the Word, love and compassion.

Lessons will be taught:

- Know the need.
- Draw close to the heart of God.
- On the third lesson we will pray with you and for you as you go forth to serve those in need.

*Expectation from participants: You are required to visit and pray for specific individuals who have terminal disease. It is incumbent that you will go at least one visitation in a year.*

Register your participation at  
[calptower@gmail.com](mailto:calptower@gmail.com)

## WATER BAPTISM

5.00PM

**12** AUGUST 2017  
**Saturday**

CALVARY DAMANSARA HEIGHTS

## YOUTH FELLOWSHIP (CY NIGHTS)

7.00PM

**5 & 19** AUGUST 2017  
**Saturdays**

CALVARY DAMANSARA HEIGHTS

## CHINESE FELLOWSHIP

11.30AM

**27** AUGUST 2017  
**Sunday**

CALVARY CONVENTION CENTRE, Theatrette 1  
**Associate Pastor Timothy Ong**

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