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Live in the Light

Mindful Eating

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LIVE IN THE LIGHT

BY SENIOR PASTOR PRINCE GUNERATNAM

John the apostle clearly establishes that if we are in fellowship with God, there is evidence we do not live and walk in darkness after our sinful nature.

1. THE EVIDENCE OF HAVING FELLOWSHIP WITH GOD IS THAT WE SHOULD LIVE AND WALK IN THE LIGHT.

John teaches that born-again believers, who are Christians and are in fellowship with God, should not continue to live like unbelievers, who live and walk in darkness. He says, *“This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin”* (1 John 1:5-7). They may call themselves Christians and do what is only religious, but John calls these Christians liars.

It is possible to have an intellectual knowledge of God, but not really know Him. Paul says, *“Yes, they knew God, but they wouldn’t worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused”* (Romans 1:21). God is light and there is no darkness with God. We cannot have fellowship with God and walk in darkness.

Man by nature is sinful and therefore, his behaviour is sinful. This is why Jesus had to die to redeem man from a life of sin so we can have



fellowship with God. Thus, the only way of salvation is through Jesus Christ, who is the light of the world. The Bible says, *“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly”* (John 10:10 NKJV). Therefore, the challenge for Christians today is to truly live and walk in the light and have fellowship with God. This is the abundant life.



2. THE EVIDENCE OF A BORN-AGAIN BELIEVER IS THAT WE KNOW WE WERE SINNERS AND HAVE CONFESSED OUR SINS TO GOD.

John says, *“If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness”* (1 John 1:8-9). Sin relates to our sinful nature and behaviour. David said, *“For I was born a sinner – yes, from the moment my*

mother conceived me” (Psalm 51:5). The apostle Paul describes our hopeless sinful nature and condition. He said, *“And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. But if I do what I don’t want to do, I am not really the one doing wrong; it is sin living in me that does it. Oh, what a miserable person I am! Who will free me from*

this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin" (Romans 7:18-20, 24-25). Therefore, man cannot have fellowship with God without confession and repentance of his sins.

3. THE EVIDENCE OF BEING A BORN-AGAIN BELIEVER IS THAT OUR RIGHTEOUSNESS IS IN CHRIST.

There were believers who were convinced that they could merit right standing before God by their own efforts. John refutes this belief that we can be righteous through our own efforts. God through the prophet Isaiah said, *"We are all infected and impure with sin. When we display our righteous deeds, they are nothing but filthy rags"* (Isaiah 64:6a). Therefore, if we as Christians believe that we are capable of being righteous on our own, we fail to understand the nature of sin and the reason Jesus came to die for us. John said, *"If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts"* (1 John 1:10). If we believe that our education, wealth, and cultural upbringing can make us acceptable to God, then Jesus died in vain. The only way we are able to live and walk in the light is to confess we are sinners saved by grace and faith in the Lord Jesus Christ. As long as we are living on earth, we may falter and sin because we are still in the flesh. Satan will accuse and condemn us of our sins. But John tells us, *"My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous"* (1 John 2:1). Jesus is our righteous advocate and Saviour. Our righteousness is not of our own. It was accomplished when Jesus took our sins and died for us on the cross.



Therefore, let us not allow the enemy to deceive us into thinking that we can walk in darkness, yet have fellowship with God. Instead, we need to be born again in order for us to walk in the light. We need to recognise that we are sinful beings and we cannot be righteous before God in our own efforts and good works. In order for us to be born again, we need to believe in Jesus for our salvation. Paul taught, *"For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord"* (Romans 6:23). The Bible says, *"There is salvation in no one else! God has given no other name under heaven by which we must be saved"* (Acts 4:12). Acknowledging that we are sinners, may we not be ashamed in confessing our sins to God and repenting of our sins, for John said, *"But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness"* (1 John 1:9). Let us continue to live out our Christian faith in total dependence on Jesus Christ, as we walk and live in His light in obedience to Him.

All Bible quotations are from the New Living Translation (NLT), unless otherwise stated



The bridge at Calvary Convention Centre

LET'S GET CONNECTED

BY JERUSA JAFFERY

In a big church, it is easy to be lost in the crowd, and we seldom meet up with other believers. The Fellowship Corner, a collaboration by the Calvary Young Adults and Men of Calvary since May 2019, is an avenue to encourage young adults and men to take some time after service to get connected. It is open to all Calvarites seeking to build friendships with others in the Calvary family.

The Fellowship Corner is located at the bridge on Level 3 of Calvary Convention Centre, and is open every Sunday immediately after service until 11.30am. Our purpose is that through this corner, people will bond with one another, get plugged into church, and find opportunities for ministry in the church.

In the past three months, there have been significant stories seen and heard through the Fellowship



Building friendships over a cup of coffee

Corner. A youth who found it difficult to fit in dropped by the Fellowship Corner, got acquainted with some youths of the church, and found belonging. A lady who had been away from church for three years came by the Fellowship Corner, met one of our hosts, and is now regularly attending Life Group. This is just to cite a few of the testimonies we have received.

Like the early church in Acts, fellowship is an integral part of the church. Looking forward to seeing you there! Grab a friend, and come get connected.

Join us at at the Fellowship Corner every Sunday immediately after service. For more information, call 03-8999 5532 ext. 442.



Fellowshipping with fellow Calvarites



Pastor Richard sharing his testimony with the participants of the E-Talk

I HAVE A STORY TO TELL... BUT HOW?

BY ELIZABETH HEW

Ever had the desire to connect with a potential believer through sharing your testimony, but got tongue-tied or your testimony all jumbled up? Ever wanted to join the E-Team (Evangelism Team), but found evangelism daunting? Has the fear of rejection held you back from reaching out?

Recognising these obstacles, E-Talk, an evangelism training, was held on Sunday, 14 July 2019 at Calvary Convention Centre to empower Calvarites to participate in evangelism efforts.

Associate Pastor Richard Yun and Gan Chew, the E-Team Coordinator, shared their testimonies and implored us to practice witnessing. Relating to the potential believer is important: we must listen to their story, identify the push and pull factors affecting them, and then communicate Christ. As practice, we grouped together, and using the 1-Minute Witness method, shared a truth that touched us with power and conviction. This helped to prepare us to share Christ with potential believers.

Forty-two out of 67 participants decided to put to practice what they learnt by responding for field experience and involvement in evangelism. Seventeen were recruited to reach out to the community through visitations and and to pray for the sick and needy.

Join the E-Team, every Saturday, at 3.00pm. We meet at Calvary Damansara Heights for prayer before leaving. For more information about the Evangelism Ministry, call 03-8999 5532 ext. 406.

PROCLAIM THE GOSPEL IN BOTH WORD AND DEED

BY LISA TOH AND JASON SIA

As believers, our primary call is the Great Commission, to evangelise and to proclaim the Gospel.

“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.’ ” (Matthew 28:18-20 NIV).

So how do we do this? Do we have conversations to build rapport with potential believers while having the hidden agenda of evangelising? Should we constantly grapple with the question of when to segue into the topic? ‘Missing the chance’ can guilt us into thinking that we ‘let God down’. Proclaiming the Gospel then turns into a task, a great weight.

Besides proclaiming the Gospel, we are also to demonstrate good works. How do we balance the two, and how do we decide which one has more priority? Is it acceptable to do one and not the other? Integral missions involves saying, doing, and being people of the Kingdom. Both proclamation and demonstration are fundamental aspects of God, and therefore are connected to our lives as believers.

The real question for us to ask ourselves is what the Father’s heart is turned to for the particular situation, person, or community in question. There is no fixed formula. Instead of strategising for the ‘best moment’ to talk about Jesus, or to focus solely on immediate needs, we should strive to make God known in the way that He wants in any given moment. He alone knows what is truly needed, and we need to listen and obey the leading of the Holy Spirit.

Integral missions is proclamation and demonstration going hand-in-hand together in our daily lives and expressions in order to truly reflect God.

Indeed, it is a very tall order of the mission to which God calls us. It requires the gifts and the resources of the whole church! That is why the church needs to be a catalyst for holistic Christian living and being, to cultivate and foster a culture of active transformational engagement with our society today.

Adapted from “Integral mission: Can you feed the poor with a Bible?” by Jonathan Cho, THIR.ST, June 2019.





The dedicated CNC team *Joy in Connecting*



Pastor Richard welcoming everyone with prayer and exhortation



Having fun at the photo booth



Learning how to tie a balloon dog for the competition



Games with the children



Enjoying each other's company



Parents participating in the time of worship

JOY IN CONNECTING

BY TAN EE-LAINE

The Calvary Nursery Care (CNC) held their indoor picnic with the theme “Joy in Connecting” on Saturday, 27 July 2019, with 88 participants. Twenty-one families and 15 teachers came together to fellowship over fun activities and snacks.

Associate Pastor Richard Yun kicked off the event by welcoming the families present with prayer and exhortation. It was followed by an energetic worship session with children and parents alike following the actions led by our teachers and worship team.

After worship, parents were invited to take part in a balloon sculpting competition to see who could successfully bring home a perfectly sculpted balloon dog for their children. The children were kept busy and entertained after that with some games.

A mini photo booth was put up for families to have their photos taken and printed as a souvenir to remember the day. Both the parents and children had fun taking photos and playing with the different props available.

We thank God for a fun-filled Saturday morning for families to come together and connect with the teachers. Special thanks to all the team members who contributed to the success of the event.



Mary sharing her insights on eating right



Learning simple exercises to break up periods of physical inactivity



Associate Pastor Chan Lee Peng thanking Mary for sharing her wisdom

MINDFUL EATING

BY MICHELLE TANG

A recent The Star newspaper headline reads, “Malaysians lack nutritional knowledge.” The Dimensions talk on Mindful Eating on Saturday, 27 July 2019 saw a turnout of 125 ladies, and could not be more timely.

In a light-hearted manner, consultant dietician Mary Easaw, recipient of the 2016 Outstanding Dietitian of the Year Award by the Academy of Nutrition and Dietetics, USA shared her wealth of experience with us. She began with the history of her diet from 20-60 years old and the nutrition needed for each age bracket. The ladies were enlightened on the pros and cons of various fad diets such as the keto diet, Mediterranean diet, and intermittent fasting. She highlighted that there is no such thing as good and

bad food; only good and bad eating habits. The key is variety, moderation, and balance. The rule of thumb is “suku, suku, separuh”, which is to fill ¼ of the plate with complex carbohydrates, ¼ with proteins, and ½ with colourful fruits and vegetables.

She gave some practical tips on mindful eating which entails paying attention to our reasons for eating and how we feel before, during and after eating, listening to our body and stopping when full, chewing more than usual, and eating at set times.

The ladies thoroughly enjoyed the lively, insightful talk. The probing question Mary posed aptly summed it all, “Your body is the temple of the Holy Spirit. Are you in the best spiritual and physical condition to serve the Lord?”

For more information on Dimensions, call 03-8999 5532 ext. 416.



Ladies intently taking notes



Participants during the Q&A session

HIDUP DI DALAM TERANG

OLEH PENDITA KANAN PRINCE GUNERATNAM

Rasul Yohanes dengan jelas menetapkan bahawa jika kita berada dalam persekutuan dengan Tuhan, adanya bukti bahawa kita tidak hidup dan berjalan dalam kegelapan dan bergantung kepada sifat dosa kita.

1. BUKTI MEMILIKI PERSEKUTUAN DENGAN TUHAN ADALAH, KITA HIDUP DAN BERJALAN DI DALAM TERANG.

Yohanes mengajarkan bahawa orang percaya yang dilahirkan kembali, yang adalah orang Kristian dan bersekutu dengan Tuhan, hendaknya tidak terus

hidup seperti orang yang tidak percaya, yang hidup dan berjalan dalam kegelapan. Dia berkata, “Dan inilah berita, yang telah kami dengar dari Dia, dan yang kami sampaikan kepada kamu: Tuhan adalah terang dan di dalam Dia sama sekali tidak ada kegelapan. Jika kita katakan, bahwa kita beroleh persekutuan dengan Dia, namun kita hidup di dalam kegelapan, kita berdusta dan kita tidak melakukan kebenaran. Tetapi jika kita hidup di dalam terang sama seperti Dia ada di dalam terang, maka kita beroleh persekutuan seorang dengan yang lain, dan darah Yesus, Anak-Nya itu, menyucikan kita dari pada segala dosa” (1 Yohanes 1:5-7). Mereka mungkin menyebut diri mereka Kristian dan melakukan apa yang hanya saleh, tetapi Yohanes menyebut orang Kristian ini pembohong.

Adanya kemungkinan untuk memiliki pengetahuan intelektual tentang Tuhan tetapi tidak benar-benar mengenalNya. Paulus berkata, “Sebab



sekalipun mereka mengenal Tuhan, mereka tidak memuliakan Dia sebagai Tuhan atau mengucap syukur kepada-Nya. Sebaliknya pikiran mereka menjadi sia-sia dan hati mereka yang bodoh menjadi gelap” (Roma 1:21). Tuhan itu terang dan tidak ada kegelapan dengan Tuhan. Kita tidak boleh memiliki persekutuan dengan Tuhan dan hidup dalam kegelapan pada masa yang sama.

Manusia, pada dasarnya berdosa dan kerana itu perilakunya berdosa. Inilah sebabnya Yesus harus mati untuk menebus manusia dari kehidupan dosa sehingga kita dapat bersekutu dengan Tuhan. Dengan demikian, satu-satunya cara keselamatan adalah melalui Yesus Kristus, yang adalah terang dunia. Alkitab berkata, “Pencuri datang hanya untuk mencuri dan membunuh dan membinasakan; Aku datang, supaya mereka mempunyai hidup, dan mempunyainya dalam segala kelimpahan” (Yohanes 10:10). Kerana itu, cabaran bagi orang Kristian dewasa ini adalah untuk benar-benar hidup dan berjalan dalam terang dengan bersekutu dengan Tuhan. Inilah hidup yang berkelimpahan.

2. BUKTI SEORANG UMAT KRISTIAN YANG PERCAYA ADALAH KITA TAHU KITA BERDOSA DAN TELAH MENGAKUI DOSA KITA KEPADA TUHAN.

Yohanes berkata, “Jika kita berkata, bahwa kita tidak berdosa, maka kita menipu diri kita sendiri dan kebenaran tidak ada di dalam kita. Jika kita mengaku dosa kita, maka Ia adalah setia dan adil, sehingga Ia akan mengampuni segala dosa kita dan menyucikan kita dari segala kejahatan” (1 Yohanes 1:8-9). Dosa berhubungan dengan sifat dan perilaku kita yang berdosa. Daud berkata, “Sesungguhnya, dalam kesalahan aku diperanakkan, dalam dosa aku dikandung ibuku” (Mazmur 51:5). Rasul Paulus menggambarkan sifat dan keadaan berdosa kita yang tanpa harapan. Dia berkata, “Sebab aku tahu, bahwa di dalam aku, yaitu di dalam aku sebagai manusia, tidak ada sesuatu yang baik. Sebab kehendak memang ada di dalam aku, tetapi bukan

hal berbuat apa yang baik. Sebab bukan apa yang aku kehendaki, yaitu yang baik, yang aku perbuat, melainkan apa yang tidak aku kehendaki, yaitu yang jahat, yang aku perbuat. Jadi jika aku berbuat apa yang tidak aku kehendaki, maka bukan lagi aku yang memperbuatnya, tetapi dosa yang diam di dalam aku. Aku, manusia celaka! Siapakah yang akan melepaskan aku dari tubuh maut ini? Syukur kepada Tuhan! oleh Yesus Kristus, Tuhan kita. Jadi dengan akal budiku aku melayani hukum Tuhan, tetapi dengan tubuh insaniku aku melayani hukum dosa” (Roma 7:18-20, 24-25). Kerana itu, manusia tidak dapat memiliki persekutuan dengan Tuhan tanpa pertobatan dan pengakuan dosa-dosanya.

3. BUKTI SEORANG UMAT KRISTIAN YANG LAHIR BARU ADALAH KEBENARAN KITA DALAM KRISTUS.

Ada orang-orang percaya yang yakin bahwa mereka dapat memperoleh kedudukan yang benar di hadapan Tuhan dalam keupayaan mereka sendiri. Yohanes membantah kepercayaan bahawa kita dapat menjadi orang benar melalui keupayaan kita sendiri. Tuhan melalui Nabi Yesaya berkata, “Demikianlah kami sekalian seperti seorang najis dan segala kesalehan kami seperti kain kotor” (Yesaya 64:6a). Kerana itu, jika kita sebagai orang Kristian percaya bahawa kita sanggup menjadi orang benar dengan sendiri, kita gagal untuk memahami sifat dosa dan sebab kenapa Yesus datang untuk mati bagi kita. Yohanes berkata, “Jika kita berkata, bahwa kita tidak ada berbuat dosa, maka kita membuat Dia menjadi pendusta dan firman-Nya tidak ada di dalam kita” (1 Yohanes 1:10). Jika kita percaya bahwa pendidikan, kekayaan, dan pendidikan budaya kita dapat membuat kita diterima Tuhan, maka Yesus mati hanya sia-sia. Satu-satunya cara kita dapat hidup dan berjalan dalam terang adalah dengan mengakui bahawa kita adalah orang berdosa yang diselamatkan oleh kasih karunia melalui Yesus Kristus. Selama kita hidup di bumi, kita mungkin goyah dan berdosa kerana kita masih di dalam daging. Setan akan menuduh dan menghukum kita

atas dosa-dosa kita. Tetapi, Yohanes memberi tahu kita, “Anak-anakku, hal-hal ini kutuliskan kepada kamu, supaya kamu jangan berbuat dosa, namun jika seorang berbuat dosa, kita mempunyai seorang pengantara pada Bapa, yaitu Yesus Kristus, yang adil” (1 Yohanes 2:1). Yesus adalah pembela kita yang benar. Kebenaran kita bukan milik kita sendiri. Itu terjadi ketika Yesus menanggung dosa kita dan mati untuk kita di kayu salib.

Kerana itu, jangan biarkan musuh menipu kita untuk berfikir bahawa kita dapat berjalan dalam kegelapan, namun bersekutu dengan Tuhan. Sebaliknya, kita perlu dilahirkan kembali agar kita dapat berjalan dalam terang. Kita perlu menyedari bahawa kita adalah makhluk berdosa dan kita tidak dapat menjadi orang benar di hadapan Tuhan dengan usaha dan perbuatan baik kita sendiri. Agar kita dilahirkan kembali, kita perlu percaya kepada Yesus untuk keselamatan kita. Paulus berkata, “Sebab upah dosa ialah maut; tetapi karunia Tuhan ialah hidup yang kekal dalam Kristus Yesus, Tuhan kita” (Roma 6:23). Alkitab berkata, “Dan keselamatan tidak ada di dalam siapapun juga selain di dalam Dia, sebab di bawah kolong langit ini tidak ada nama lain yang diberikan kepada manusia yang olehnya kita dapat diselamatkan” (Kisah Para Rasul 4:12). Kita harus mengakui bahawa kita adalah orang berdosa dan tidak malu mengaku dosa dan bertobat. Yohanes berkata, “Jika kita mengaku dosa kita, maka Ia adalah setia dan adil, sehingga Ia akan mengampuni segala dosa kita dan menyucikan kita dari segala kejahatan” (1 Yohanes 1: 9). Marilah kita terus menjalani iman Kristian kita dalam persekutuan dengan Tuhan dan hidup sebagai saksi akan kuasa Injil Yesus Kristus.

Semua petikan Alkitab adalah dari Alkitab Bahasa Indonesia melainkan dinyatakan.

活在光中

文: 古纳南主任牧师

使徒约翰清楚表明, 如果我们与神相通, 我们就不会因着罪性而生活在黑暗中。

1. 与神相通的证据——活在光中, 行在光中。

约翰教导, 重生的信徒就是与神相通的基督徒, 不能像不信的人一样仍行在黑暗中。他说: “我们把所看见所听见的向你们宣扬: 神是光, 在他里面毫无黑暗; 这就是我们从他那里听见, 现在传给你们的信息。我们若说自己与他彼此相通, 却行在黑暗里, 就是说谎话, 不实行真理了。我们若行在光中, 像他在光中一样, 就彼此相通, 他儿子耶稣的血也洁净我们脱离一切罪。” (约翰一书1:5-7) 宣称自己是基督徒, 行事却只像个宗教徒, 约翰称他们为骗子。我们或许在知识层面上知道神, 却没有真正地认识他。保罗说: “因为他们虽然知道神, 却不尊他为神, 也不感谢他, 反而心思变为虚妄, 愚顽的心就迷糊了。” (罗马书1:21) 神是光, 在他里面没有丝毫黑暗。我们不能与他相通的同时却行在黑暗中。人类本性有罪, 因此他的行为也有罪。这就是为什么耶稣必须死去才能救赎人类, 使人脱离罪恶, 与神相通。人得救的唯一管道是透过耶稣基督, 他是世界的光。圣经上说: “贼来了, 不过是要偷窃、杀害、毁坏; 我来了, 是要使羊得生命, 并且得的更丰盛。” (约翰福音10:10) 因此, 今天基督徒的挑战是要有真正与神相通并活在光中。而这才是丰盛的生命。

2. 信徒重生的证据——知道自己是个罪人, 并向神承认自己的罪。

约翰说: “我们若说自己没有罪, 就是自欺, 真理就不在我们里面了。我们若承认自己的罪, 神是

信实的、公义的，必定赦免我们的罪，洁净我们脱离一切不义。”（约翰一书1:8-9）罪与我们的罪性和行为息息相关。大卫说：“看哪，我是在罪孽里生的；我母亲在罪中怀了我。”（诗篇51:5）使徒保罗解释了我们无助的罪性与行为。他说：“我知道在我里面，就是在我肉体之中，没有良善，因为立志行善由得我，行出来却由不得我。所以我愿意行的善，我没有去行；我不愿意作的恶，我倒去作了。我若作自己不愿意作的事，那就不是我作的，而是住在我里面的罪作的。我这个人真是苦啊！谁能救我脱离这使我死亡的身体呢？感谢神，借着我们的主耶稣基督就能脱离了。可见，一方面我自己心里服事神的律，另一方面我的肉体却服事罪的律。”（罗马书7:18-20，24-25）人若不悔改承认自己的罪就不能与神相通。

3. 信徒重生的证据——我们是在基督里称义。

有些信徒相信，他们可以透过自己的努力在神面前称义。约翰反驳了靠行为称义的论述。神透过以赛亚先知说：“我们众人都像不洁净的人，我们所有的义，都像污秽的衣”（以赛亚书64:6a）。因此，如果基督徒相信可以靠行为称义，就是还没认识到人的罪性，也不了解耶稣是为了救赎我们而死的。约翰说：“我们若说自己没有犯过罪，就是把神当作说谎的，他的道就不在我们心里了”（约翰一书1:10）。如果我们相信能靠着教育、财富和文化教养使我们在神面前称义，那么耶稣就白白死了。我们能活在光中的唯一方法就是承认我们是罪人并靠着耶稣基督的恩典蒙救赎。我们只要还活着就有可能信心动摇并犯罪，因为我们仍然活在肉体之中。撒但会指责并控诉我们的罪。可是，约翰告诉我们：“我的孩子们，我写这些给你们，是要你们不犯罪。如果有人犯了罪，在父的面前我们有一位维护者，就是那义者耶稣基督。”（约翰一书2:1）耶稣是我们公义的中保。我们不能靠自己称义，唯有靠着主耶稣背负了我们的罪被钉死在十字架上才得以称义。



因此，不要被仇敌给骗了，以为在与神相通的同时仍可以活在黑暗中。相反地，我们需要得到重生才能行在光明之中。我们要意识到自己有罪，知道不能透过努力行善在神面前称义。我们唯有相信耶稣才能得到救恩，并获得重生。保罗说：“因为罪的工价就是死，但神的恩赏，在我们的主基督耶稣里，却是永生。”（罗马书6:23）。圣经上说：“除了他以外，别无拯救，因为在天下人间，没有赐下别的名，我们可以靠着得救。”（使徒行传4:12）我们得承认自己是个罪人，不必为着认罪并诚心悔改而觉得羞耻。约翰说：“我们若承认自己的罪，神是信实的、公义的，必定赦免我们的罪，洁净我们脱离一切不义。”（约翰一书1:9）让我们与神相通，继而活出基督信仰，成为耶稣基督福音有力的见证。。

经文皆取自圣经新译本。

THE PRAYER TOWER, A PLACE TO BLESS YOU

BY ASSOCIATE PASTOR TIMOTHY ONG

Calvary Prayer Tower's purpose of having prayer closets is to provide a quiet place for believers to use when they sense the need to seek God personally.

After spending time in prayer in the closet, Wendy wrote to the Prayer Tower, "I went to the Prayer Tower. It is a great and beautiful place to spend time alone in prayer with the Lord."

DO YOU NEED PRAYER?

If you need someone to pray with you when you are here at the Prayer Tower you can call 03-8999 1642. We have intercessors to pray together with you.

Many wonderful healings and answers to prayer as we pray:

- Magnificat prayed for her cousin who had an issue with regards to her passport. God answered her prayer, it was resolved the next day.
- Siew Keng's friend called her to pray for healing. She sent a scripture to her friend. The friend was healed the next day.
- Kang Shin had back pain and the Lord healed her when we prayed.



中文布道会
Chinese Evangelistic Meeting

一线希望

A Ray of Hope

行在黑暗中的人民，看见了大光；住在死荫之地的人，有光照耀他们。(赛 9:2 新译本)
The people who walk in darkness will see a great light.
For those who live in a land of deep darkness, a light will shine. (Isaiah 9:2 NLT)

2019年9月21日 - 22日 | 下午5点 - 7点
加略山会议中心, B2, 影剧院1

21 - 22 September 2019 | 5.00pm - 7.00pm
Theatrette 1, Level B2, Calvary Convention Centre

周国坚牧师
Rev. Daniel Choo



周国坚牧师是神召会平恩教会的主任牧师，他曾经被家庭和社会拒绝。蒙神拯救以后，他回转向神，献身服事神。他与妻子蔡玉萍牧师一起建立教会，创办戒毒中心，设立老人之家，为的是让在黑暗中的人们看到耶稣基督是希望。他们借着过去30年的事工，见证神以奇妙的爱和大能拯救了許多人脱罪恶。

Rev. Daniel Choo, Senior Pastor of Peace Charis Assembly of God, was rescued from hopelessness and rejection. When Jesus saved him, he committed his life to serve God. He and his wife, Rev. Lynda Choi, pioneered churches and started rehabilitation centres and a home for the elderly, all to share hope with those in darkness. Through their 30 years of ministry, they have witnessed God's amazing, powerful love saving many from society's evils.



the call to

HARVEST

LIFE GROUP SEMINAR

Saturday, 28 September 2019 | 8.00am - 1.00pm
Calvary Damansara Heights

LG members are to register with their LG Leader by Sunday, 15 September 2019.

For more information, call the Life Group Ministry at 03-8999 5532 ext. 414 or email pascare@calvary.my

WORSHIP SCHEDULE SEPTEMBER 2019

Saturday, 5.00pm Calvary Damansara Heights

- 07** Associate Pastor Steven Kum
- 14** Associate Pastor Chan Lee Peng
- 21** Associate Pastor Peter Ong
- 28** Associate Pastor Richard Yun
Water Baptism

Sunday, 9.00am Calvary Convention Centre

- 01** Associate Pastor Steven Kum
Communion
- 08** Senior Pastor Prince Guneratnam
- 15** Associate Pastor Timothy Ong
- 22** Associate Pastor Richard Yun
- 29** Associate Pastor David Seah

ACTIVITIES

07
SEP



YOUTH FELLOWSHIP

Saturday, 1.00pm
Calvary Damansara Heights
Topic: Goliath Must Fall

08
SEP



TAMIL FELLOWSHIP

Sunday, 11.30am
Theatrette 2, Level B2,
Calvary Convention Centre
Speaker: Rev. James Krishnan

21
SEP



YOUNG ADULTS FELLOWSHIP

Saturday, 9.30am
Calvary Damansara Heights
Speaker: Chow Sang Hoe
Topic: Can the Pursuit of God
and Career Success Coexist?

21
SEP



YOUTH FELLOWSHIP

Saturday, 1.00pm
Calvary Damansara Heights
Topic: Goliath Must Fall

28
SEP



WATER BAPTISM

Saturday, 5.00pm
Calvary Damansara Heights

*Closing date for submission of application:
Sunday, 15 September 2019*

29
SEP



ROYAL RANGERS COUNCIL OF ACHIEVEMENT

Sunday, 11.30am
Multipurpose and Banquet Hall,
Calvary Convention Centre



CALVARY CHURCH (Assemblies of God)

2 Jalan Damansara Endah, Damansara Heights,
50490 Kuala Lumpur, Malaysia

Senior Pastor Rev. Tan Sri Datuk Dr. Prince Guneratnam

CALVARY CONVENTION CENTRE

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