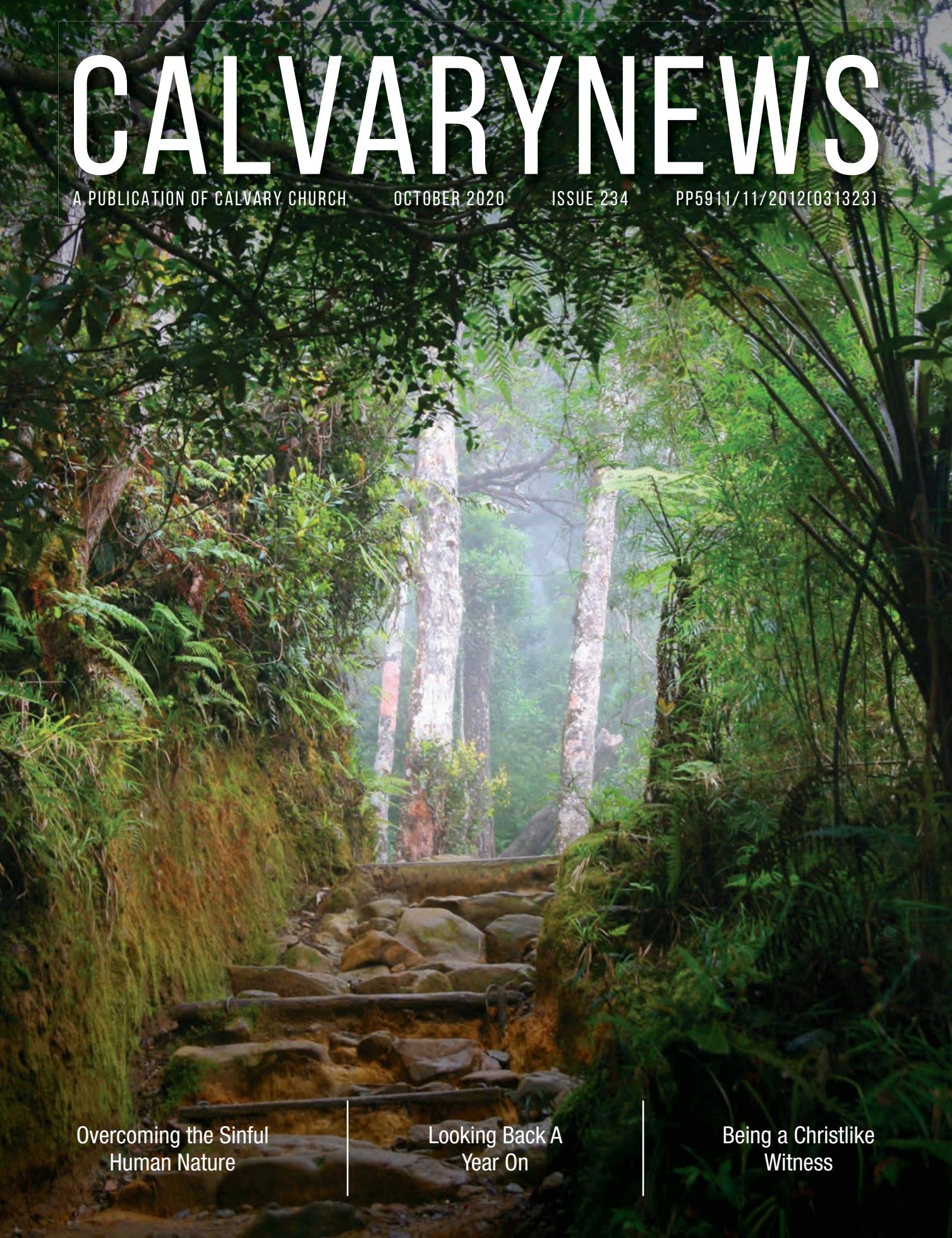


CALVARY NEWS

A photograph of a dense forest. In the foreground, there's a rocky path made of large stones. Two large, light-colored trees stand prominently in the center. The forest is filled with various green plants, ferns, and moss-covered rocks, creating a sense of depth and tranquility.

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Overcoming the Sinful
Human Nature

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OVERCOMING THE SINFUL HUMAN NATURE

BY SENIOR PASTOR PRINCE GUNERATNAM

The Bible says, “*For everyone has sinned; we all fall short of God's glorious standard*” (Romans 3:23). The Psalmist said, “*For I was born a sinner - yes, from the moment my mother conceived me*” (Psalm 51:5). Therefore, our sinful nature enslaves us to live a sinful life. But as born-again believers in Jesus Christ, the Apostle Paul says, “*Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*” (2 Corinthians 5:17). “*So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death*” (Romans 8:1-2).

The Bible teaches us how we can overcome our sinful human nature:

1. WE MUST GUARD OUR HEART

The Bible says, “*Guard your heart above all else, for it determines the course of your life*” (Proverbs 4:23). What is in our hearts determines how we live. The Bible said, “*A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks*” (Luke 6:45). The way we think is what we believe with our hearts. The Bible also says, “*For as he thinks in his heart, so is he*” (Proverbs 23:7 NKJV).

The diligent study of God’s Word will change the way we think and believe with our hearts. This is how we can overcome our sinful human nature. King David said, “*I have hidden your word in my heart, that I might not sin against you*” (Psalm 119:11).

2. WE MUST BE FILLED WITH THE HOLY SPIRIT

Paul said, “*Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit*” (Ephesians 5:18). Paul gives a directive to be filled with the Holy Spirit. Wine is used metaphorically to refer to what our sinful nature desires. Alcoholic wine has the ability to intoxicate us to live unwisely, but the Holy Spirit is given to empower us to be God’s living witnesses of the Gospel of Jesus Christ (Acts 1:8).

3. WE MUST HAVE FAITH IN GOD'S WORD AND OBEY GOD'S LEADING

The Psalmist said, “*Your word is a lamp to guide my feet and a light for my path*” (Psalm 119:105). Jesus tells the parable of the wise and foolish men who build their houses. Jesus said, “*Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock*” (Matthew 7:24-25).

Despite the challenges King David faced, he declared, “*He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along*” (Psalm 40:2). Like David, we can also experience the victory that God gives. May we trust and obey the leading of God in our lives (Proverbs 16:9).

4. WE MUST CHOOSE OUR FRIENDS WISELY

Overcoming our sinful human nature depends on who we choose to associate ourselves with. The Bible says, “*Walk with the wise and become wise; associate with fools and get in trouble*” (Proverbs 13:20). In the account of Moses sending out the ten spies to spy out the Promised Land, the Bible records the two reports of the spies. The first group of spies gave a negative report. They said, “*We entered the land you sent us to explore, and it is indeed a bountiful country - a land flowing with milk and honey. Here is the kind of fruit it produces. But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak! The Amalekites live in the Negev, and the*

Hittites, Jebusites, and Amorites live in the hill country. The Canaanites live along the coast of the Mediterranean Sea and along the Jordan Valley. We can't go up against them! They are stronger than we are! The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!” (Numbers 13:27-29, 31-33).

In the second group of spies, there was Caleb, whose confidence was in what God promised them. He said, “*Let's go at once to take the land. We can certainly conquer it!*” (Numbers 13:30). We can choose to have friends like the spies who





brought the negative report to Moses or friends like Caleb who had confidence to believe and obey God's promises.

5. WE MUST ACCEPT AND ACT ON GOD'S PROMISES

The Bible said, "*For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" (which means "Yes") ascends to God for his glory*" (2 Corinthians 1:20). The overcomer must know and have faith in God's promises. The Bible records the difference between King Saul and David's response to defeat Goliath. King Saul thought negatively of David. He said, "*There's no*

way you can fight this Philistine and possibly win! You're only a boy, and he's been a man of war since his youth" (1 Samuel 17:33). However, David had confidence in his God; in what God could do, has done, and will do. He said, "*When a lion or bear comes to steal a lamb from the flock, I go after it with a club and rescue the lamb from its mouth. If the animal turns on me, I catch it by the jaw and club it to death. I have done this to both lions and bears, and I'll do it to this pagan Philistine, too, for he has defiled the armies of the living God! The Lord who rescued me from the claws of the lion and the bear will rescue me from this Philistine!*" (1 Samuel 17:34-37).

In conclusion, let us guard our hearts, be filled with the Holy Spirit, keep the right company as friends, and trust and obey God's Word, for God is a Promise-Keeper. As Paul declares, "*No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below - indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord*" (Romans 8:37-39).

All Scripture references are taken from the New Living Translation (NLT), unless otherwise stated.



WORSHIPPING TOGETHER AGAIN

BY ASSOCIATE PASTOR RICHARD YUN

Almost six whole months after the Movement Control Order was first put in place, Calvary Kids ages 5-11 were finally able to meet beginning Sunday, 13 September 2020 at Calvary Convention Centre (CCC).

While physical distancing and other safety precautions are observed, it was a joyous time of gathering together to praise and worship God once again. The anticipation from the kids was obvious from their faces, and their participation both in worship and class activities showed that they truly were glad to be back in the house of the Lord.

Beginning Sunday, 4 October 2020 at 11.00am, we look forward to welcoming babies and children up to four years old back to the CCC Calvary Nursery Care. The Worship Nursery will also be available for parents with infants to use during the 11.00am worship service.

The Calvary Kids ministry meets every Saturday, 5.00pm at Calvary Damansara Heights, and every Sunday, 11.00am at Calvary Convention Centre. For more information, contact the church office at 03-8999 5532.





3Sixteen training and 3Sixteen sessions with guests carried out online



LOOKING BACK A YEAR ON

BY ANNABEL LILY

When a team was put together to strategise an evangelistic programme for the Life Group (LG) ministry in the first quarter of 2019, little did we know the extent of what God had in store. We learnt that ideas can circle the runway but it is only the will of God that lands. 3Sixteen was birthed through much prayer, coupled with man's faith and obedience.

3Sixteen, a small group evangelistic programme, was officially launched at the LG Seminar on 28 September 2019 with encouraging responses from LG leaders for their members to be trained.

3Sixteen is now a year old. The journey for the working team, those trained as hosts, right down to

the potential believers who participated in the 3Sixteen sessions is laden with experiences that are not short of God's steadfast faithfulness, His unconditional love, and His amazing grace.

We thank God that a total of 129 LG members were trained from October 2019 to August 2020. It yielded 23 groups that conducted 3Sixteen Sessions. We are eternally grateful to God for the 78 potential believers who participated and were receptive when they were touched by the love and care shown by the hosts.

Eleven precious individuals accepted the Lord, out of which one has been water baptised, while a further four are making the commitment to be water baptised. We also have two rededications. The hosts continued to connect, show care, and water the seeds sown, expecting change to take place in the hearts of the potential believers. Like it was communicated in the training, "change can take place in an instant; change is also a process".

There is a common phrase we use in 3Sixteen: "God is a great economist". This small group evangelistic programme has given LG members



opportunities to fortify their prayer life, enrich their ability to be kind, and provide a practical platform for conscious acts of compassion to be shown. Just when we thought that the focus was to demonstrate God's love to our potentially believing family and friends, God was actively transforming the hearts of our hosts to have the heart of His Son, Jesus.

We are excited for the future of 3Sixteen and where God is taking us. We are anxious for nothing, bracing ourselves to ride a new wave. All we can say is, looking back, we found encouragement in the Lord, and we believe, it is very possible to equip every believer to be intentional, consistent, and effective in their personal and small group evangelism.

3Sixteen was formed in response to the call of the Great Commission, and for all of us the Good News remains the only answer for a world filled with despair and hopelessness. And we can fulfil it, not by might, nor by power, but by His Spirit!



Listening intently to a testimony being shared



Acting out a song



Having a light-hearted moment



3Sixteen trainees having a discussion



For more information about 3Sixteen training, please speak to your Life Group leader or call us at 03-89995532 ext. 442.

基督样式的见证 BEING A CHRISTLIKE WITNESS

BY SHANNI LAU

Associate Pastor Peter Ong 分享倘若别人能在我们生命中，读到耶稣基督的样式，我们就是一个好信徒。这不是靠我们的能力做出来的，而是神在帮助我们行出。我们可以成为一封很好的信。

成为主耶稣基督样式的见证人，胜过一千个字句。有三句经文，一直是非常鼓舞和激励着我的（哥林多后书 5:17）（以弗所书 2:10）（加拉太书 6:9）。

人们会读我们的生活，看我们的生命（马太福音 5:16）。我们常常轻易的说，我成为基督徒很久了。但，我们没有意识到，圣灵每一天都在带领着我们，引导我们，改变我们，教导我们，也为我们的生活，行出了很多美好的事情来荣耀神。想要得到圣灵的帮助/带领，我们必须成为经常祷告的人。人们或许不是基督徒，但，当他们看到我们生活中有耶稣基督的样式，你的自律，你的言行举止，你已将荣耀归给神了。

从今天开始，我们来接受挑战，“成为有耶稣基督样式的见证人”。

The Chinese ministry had a fruitful time of fellowship over Zoom on Saturday, 29 August 2020. Associate Pastor Peter Ong shared on being a Christlike witness, that people should be able to see Christ in our lives. It is not through our own ability, but with God's help.

Our Christian witness is like a picture that speaks more than a thousand words. These three scriptures might encourage and motivate us: 2 Corinthians 5:17, Ephesians 2:10, and Galatians 6:9.

Sometimes it is easy to forget that the Holy Spirit can lead us, guide us, teach us, and do so many other wonderful things in and through our lives for His glory on a daily basis. The way we behave and conduct

ourselves should always give God the glory, as people will look at our lives (Matthew 5:16).

Can we all from this day forth take up this challenge to be Christlike witnesses?

Here are two testimonies shared by members of the Chinese Ministry on being Christlike witnesses



图书馆

在八十年代，加略山教会在金河广场开办了一项福音事工。我第一次被它所吸引是因为它的独特名称—「图书馆」；除了可以借书以外，我发现它每周还有其他活动，例如星期三的周中午餐时间团契，星期六的咖啡厅事工（个人布道与分享福音见证）。我开始参加周中团契，因为我想认识在附近工作的基督徒并能与他们有团契。赞美主不久之后，我有机会在午餐团契中服事主。

我的同事们已经知道我是一位基督徒。所以当他们知道我参与图书馆的活动时，我就有机会邀请

他们参加我们每周的聚会，其中有一些人很高兴地接受了我的邀请。只要有机会，我就会与他们以及其他有兴趣了解更多的人分享我的信仰和价值观。感谢神「图书馆」帮助了我的基督徒生命成长。

THE LIBRARY

In the eighties, Calvary Church started an outreach ministry at Sungei Wang Plaza called The Library. I was first attracted to it because of its name; besides books for borrowing, I discovered that it has other activities during the week, like the midweek lunch hour fellowship on Wednesday and Coffee House ministry (personal evangelism and witnessing) on Saturday. I started to attend the midweek fellowship because I wanted to have fellowship with other Christians working in the vicinity. Praise the Lord, some time later, I was given the opportunity to serve in the lunch hour fellowship.

Most of my colleagues already knew that I am a Christian. So when they knew I was involved at the lunch hour fellowship, I had the opportunity to invite them to join me, and a few of them gladly accepted my invitation. And whenever there were opportunities, I would share my faith with them and others who were interested to know more of my belief and the values I hold. I thank God for the library for helping me to grow spiritually during those early years..

Lim Chune Sin

Chune Sin is currently serving faithfully as a Chinese Ministry Coordinator, and is a School of Christian Growth teacher.

见证就是我的生活方式

赞美神为我打开了许多分享福音的门。我也常借用我的工作场所，对我所接触到的人分享见证。

最有成果和最富有意义的时光，就是我到医院做探访的时刻。我参与e-Team成员们，在每一个星期六下午，到吉隆坡中央医院做探访已有10多年了。

大丰收的结果，让我大开眼界，所以我将继续向有需要的人伸出援手，尤其是病人与他的访客。上帝在每个人的心中制造了一个吸尘机，只有上帝才能填补它。

我也会继续为主耶稣基督做见证，我谦卑的感谢主把这事工放在我的心中。感谢上帝！



WITNESSING IS MY LIFESTYLE

Praise God for the many doors He opened for me to share the Gospel. I take the opportunity to be a witness at my working place with the people whom I come into contact with.

My hospital visitations were the most fruitful and meaningful times. Together with the e-Team members, we visited the hospital every Saturday afternoon for more than ten years.

My eyes are opened to see the harvest is indeed plentiful, and I will continue to reach out to the needy, especially to the patients and their visitors.

There is a vacuum in everyone's heart only God can fill, and I will continue to be a witness for the Lord Jesus. Humbly, I thank the Lord for putting this ministry in my heart. Thank you Lord!

Alice Goh

Come join the Chinese Services on 11, 18, and 25 October 2020 at 11.00am! They will be held at Theatrette 2, Calvary Convention Centre. You will be blessed. For more information, call the church office at 03-8999 5532

MENGATASI DOSA SEMULAJADI MANUSIA

OLEH PENDITA KANAN PRINCE GUNERATNAM

Firman Tuhan mengatakan, "Karena semua orang telah berbuat dosa dan telah kehilangan kemuliaan Tuhan" (Roma 3:23). Pemazmur berkata, "Sesungguhnya, dalam kesalahan aku diperanakkan, dalam dosa aku dikandung ibuku" (Mazmur 51:5). Oleh itu dosa semulajadi menambatkan kehidupan kita dalam dosa. Tetapi sebagai umat kelahiran baru dalam Kristus, seperti kata Rasul Paulus "Jadi siapa yang ada di dalam Kristus, ia adalah ciptaan baru: yang lama sudah berlalu, sesungguhnya yang baru sudah datang" (2 Korintus 5:17). "Demikianlah sekarang tidak ada penghukuman bagi mereka yang ada di dalam Kristus Yesus. Roh, yang memberi hidup telah memerdekaakan kamu dalam Kristus dari hukum dosa dan hukum maut" (Roma 8:1-2).

Alkitab mengajar kita bagaimana mengatasi dosa semulajadi.

1. KITA MESTI PELIHARAI HATI KITA

Firman Tuhan mengatakan, "Jagalah hatimu dengan segala kewaspadaan, karena dari situlah terpancar kehidupan" (Amsal 4:23). Apa yang terkandung dalam hati kita menentukan cara kita hidup. Firman Tuhan mengatakan, "Orang yang baik mengeluarkan barang yang baik dari perbendaharaan hatinya yang baik dan orang yang jahat mengeluarkan barang yang jahat dari perbendaharaannya yang jahat. Karena yang diucapkan mulutnya, meluap dari hatinya" (Lukas 6:45). Cara kita berfikir menggambarkan apa kita percaya dalam hati. Firman Tuhan juga mengatakan, "Sebab seperti orang yang membuat perhitungan dalam dirinya sendiri demikianlah ia" (Amsal 23:7). Kesungguhan mempelajari Firman Tuhan akan mengubah cara kita berfikir dan percaya dalam hati kita. Inilah cara

bagaimana kita mengatasi dosa semulajadi. Raja Daud berkata, "Dalam hatiku aku menyimpan janji-Mu, supaya aku jangan berdosa terhadap Engkau" (Mazmur 119:11).

2. KITA MESTI DIPENUHI ROH KUDUS

Paulus berkata, "Dan janganlah kamu mabuk oleh anggur, karena anggur menimbulkan hawa nafsu, tetapi hendaklah kamu penuh dengan Roh" (Efesus 5:18). Paulus mengarah untuk dipenuhi Roh Kudus. Metafora minuman anggur digunakan untuk melambangkan keinginan semulajadi dosa manusia. Minuman keras berupaya memabukkan kita untuk hidup cuai, tetapi Roh Kudus diberi untuk mengupayakan kita menjadi saksi-saksi hidup Yesus Kristus (Kisah Para Rasul 1:8).

3. KITA MESTI BERIMAN DALAM FIRMAN TUHAN DAN MENTAATI KEPIMPINANNYA

Pemazmur berkata, "Firman-Mu itu pelita bagi kakiku dan terang bagi jalanku" (Mazmur 119:105). Yesus memberitahu perumpamaan orang pandai dan orang bodoh yang membina rumah mereka. Yesus berkata, "Setiap orang yang mendengar perkataan-Ku ini dan melakukannya, ia sama dengan orang yang bijaksana, yang mendirikan rumahnya di atas batu. Kemudian turunlah hujan dan datanglah banjir, lalu angin melanda rumah itu, tetapi rumah itu tidak rubuh sebab didirikan di atas batu" (Matius 7:24-25).

Mahupun Raja Daud menghadapi pelbagai cabaran, dia mengumumkan "Ia mengangkat aku dari lobang kebinasaan, dari lumpur rawa; ia menempatkan kakiku di atas bukit batu, menetapkan langkahku" (Mazmur 40:2). Seperti Daud, kita juga boleh alami kejayaan yang Tuhan berikan. Semoga kita mempercayai dan mentaati kepimpinan Tuhan dalam hidup kita (Amsal 16:9).

4. KITA MESTI BIJAK MEMILIH KAWAN-KAWAN

Mengatasi dosa semulajadi manusia bergantung dengan siapa kita bergaul. Firman Tuhan berkata, "Siapa bergaul dengan orang bijak menjadi bijak, tetapi siapa berteman dengan orang bebal menjadi malang" (Amsal 13:20). Dalam kisah Musa menghantar sepuluh pengintip untuk mengintip Tanah Yang Dijanjikan,

Alkitab mencatatkan kedua-dua laporan pengintip. Kumpulan pengintip pertama memberi laporan buruk. Mereka mengatakan, "Mereka menceritakan kepadanya: "Kami sudah masuk ke negeri, ke mana kau suruh kami, dan memang negeri itu berlimpah-limpah susu dan madunya, dan inilah hasilnya. Hanya, bangsa yang diam di negeri itu kuat-kuat dan kota-kotanya berkubu dan sangat besar, juga keturunan Enak telah kami lihat di sana. Orang Amalek diam di Tanah Negeb, orang Het, orang Yebus dan orang Amori diam di pegunungan, orang Kanaan diam sepanjang laut dan sepanjang tepi sungai Yordan." Tetapi orang-orang yang pergi ke sana bersama-sama dengan dia berkata: "Kita tidak dapat maju menyerang bangsa itu, karena mereka lebih kuat dari pada kita." Juga mereka menyampaikan kepada orang Israel kabar busuk tentang negeri yang diintai mereka, dengan berkata: "Negeri yang telah kami lalui

untuk diintai adalah suatu negeri yang memakan penduduknya, dan semua orang yang kami lihat di sana adalah orang-orang yang tinggi-tinggi perawakkannya. Juga kami lihat di sana orang-orang raksasa, orang Enak yang berasal dari orang-orang raksasa, dan kami lihat diri kami seperti belalang, dan demikian juga mereka terhadap kami" (Bilangan 13:27-29; 31-33).

Dalam kumpulan pengintip yang kedua, terdapat Kaleb, keyakinan dia dalam apa yang telah dijanjikan Tuhan. Dia berkata, "Kemudian Kaleb mencoba menenteramkan hati bangsa itu di hadapan Musa, katanya: "Tidak! Kita akan maju dan menduduki negeri itu, sebab kita pasti akan mengalahkannya!" (Bilangan 13:30). Kita boleh pilih untuk ada kawan-yang seperti pengintip yang membawa laporan yang negatif kepada Musa atau kawan-kawan seperti Kaleb yang memiliki keyakinan untuk percaya dan mentaati janji-janji Tuhan.



5. KITA MESTI TERIMA DAN BERTINDAK ATAS JANJI-JANJI TUHAN

Firman Tuhan mengatakan, "Sebab Kristus adalah "ya" bagi semua janji Tuhan. Itulah sebabnya oleh Dia kita mengatakan "Amin" untuk memuliakan Tuhan" (2 Korintus 1:20). Pemenang mesti mengetahui dan mempercayai janji-janji Tuhan. Alkitab mencatat perbezaan di antara respon Raja Saul dan Daud akan kekalahan Goliat. Raja Saul mempunyai pemikiran negatif tentang Daud. Ia berkata, "Tidak mungkin engkau dapat menghadapi orang Filistin itu untuk melawan dia, sebab engkau masih muda, sedang dia sejak dari masa mudanya telah menjadi prajurit" (1 Samuel 17:33). Walau bagaimanapun, Daud tetap yakin dalam Tuhannya; dalam apa yang Tuhan dapat lakukan, telah lakukan dan akan lakukan. Dia berkata, Tetapi Daud berkata kepada Saul: "Apabila datang singa atau beruang, yang menerkam seekor domba dari kawanannya, maka aku mengejarnya, menghajarnya dan melepaskan domba itu dari mulutnya. Kemudian apabila ia berdiri menyerang aku, maka aku menangkap janggutnya lalu menghajarnya dan membunuhnya. Baik singa maupun beruang telah dihajar oleh hambamu ini. Dan orang Filistin yang tidak bersurat itu, ia akan sama seperti salah satu dari pada binatang itu, karena ia telah mencemooh barisan dari pada Tuhan yang hidup. TUHAN yang telah melepaskan aku dari cakar singa dan dari cakar beruang, Dia juga akan melepaskan aku dari tangan orang Filistin itu" (1 Samuel 17:34-37).

Penutupnya, marilah kita pelihara hati kita, dipenuhi Roh Kudus, mempunyai kawan-kawan yang betul, dan mempercayai dan mentaati Firman Tuhan, kerana Tuhan memegang janjiNya. Seperti Paulus mengatakan, "Tetapi dalam semuanya itu kita lebih dari pada orang-orang yang menang, oleh Dia yang telah mengasihi kita. Sebab aku yakin, bahwa baik maut, maupun hidup, baik malaikat-malaikat, maupun pemerintah-pemerintah, baik yang ada sekarang, maupun yang akan datang, atau kuasa-kuasa, baik yang di atas, maupun yang di bawah, ataupun sesuatu makhluk lain, tidak akan dapat memisahkan kita dari kasih Tuhan, yang ada dalam Kristus Yesus, Tuhan kita. (Roma 8:37-39).

Semua rujukan Alkitab adalah dari Alkitab Bahasa Indonesia, melainkan dinyatakan.

胜过人的罪性

文：古纳南主任牧师



经上说：“因为人人都犯了罪，亏缺了 神的荣耀”（罗马书3:2）。诗人说：“看哪，我是在罪孽里生的；我母亲在罪中怀了我”（诗篇51:5）。我们的罪性奴役着我们过有罪的生活。可是身为重生的基督徒，使徒保罗说：“如果有人在基督里，他就是新造的人，旧事已经过去，你看，都变成新的了！”（哥林多后书5:17）“所以现在，那些在耶稣基督里的人就不被定罪了；因为生命之灵的律在基督耶稣里使我自由，脱离了罪和死的律”（罗马书8:1-2）。

圣经教导我们如何胜过罪性：

1. 我们要保守自己的心

圣经上说：“你要谨守你的心，胜过谨守一切，因为生命的泉源由此而出”（箴言4:23）。我们的心决定我们如何生活。圣经上说：“良善的人从心中所存的良善发出良善，邪恶的人从心中所存的邪恶发出邪恶；因为心中所充满的，口里就说出来”（路加福音6:45）。我们的信念左右我们的想法。圣经上说：“因为他心里怎样计算，他的为人就是这样”（箴言23:7）。勤于研读神的话语将改变我们的信念和想法。这是我们克服罪性的方法。大卫王说：“我把你的話藏在心里，免得我得罪你”（诗篇119:11）。

2. 我们要被圣灵充满

保罗说：“不要醉酒，醉酒能使人放荡乱性，却要让圣灵充满”（以弗所书5:18）。保罗指示我们要被圣灵充满。他用酒比喻罪性的欲望。酒使我们沉醉放荡，但圣灵却赐予我们力量，使我们成为耶稣基督福音的活见证（使徒行传1:8）。

3. 我们要相信神的话语并顺服神的带领

诗人说：“你的话是我脚前的灯，是我路上的光”（诗篇119:105）。耶稣告诉我们聪明人和愚昧人建造房屋的比喻。耶稣说：“所以，凡听见我这些话又遵行的，就像聪明的人，把自己的房子盖在磐石上。雨淋、水冲、风吹，摇撼那房子，房子却不倒塌，因为建基在磐石上”（马太福音7:24-25）。



尽管大卫王经历挑战，他依然宣告：“他把我从荒芜的坑里，从泥沼中拉上来；他使我的脚站在磐石上，又使我的脚步稳定”（诗篇40:2）。像大卫一样，我们也可以经历神所赐的得胜。让我们信靠并顺服神在我们生命中的引导（箴言16:9）。

4. 我们要明智地选择朋友

交对朋友可以帮助我们克服罪恶。圣经上说：“与智慧人同行的，必得智慧；与愚昧人为友的，必受亏损”（箴言13:20）。圣经记载了摩西差派十二个探子窥探迦南应许之地和他们的报告。第一组探子回来报告坏消息。他们对摩西说：“我们到了你派我们去的那地，果然是流奶与蜜的地，这就是那地的果子。只是住在那地的人强壮，城又坚固又十分高大，并且我们在那里也看见了亚衲族人的后裔。有亚玛力人住在南地；赫人、耶布斯人、亚摩利人住在山地；迦南人住在海边和约旦河沿岸。但是，那些与他同去的人却说：“我们不能上去攻击那民，因为他们比我们强。”那些探子就他们窥探之地向以色列人报恶信，说：‘我们经过要窥探的地方，是个吞吃’

居民的地方；我们在那里看见的人，个个都高大。在那里我们看见了巨人，就是亚衲人的子孙，是巨人的后裔；我们看自己好像是蚱蜢，他们看我们也是这样’”（民数记13:27-29,31-33）。

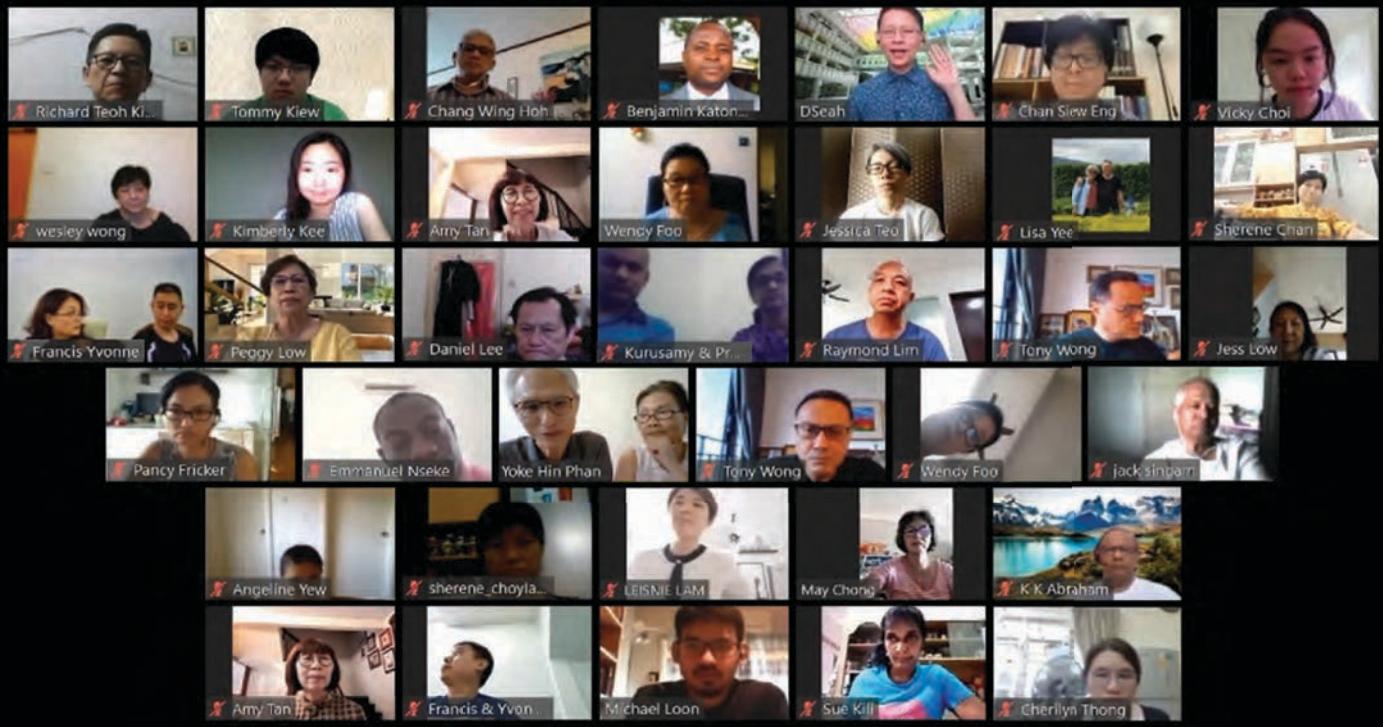
第二组探子之中有迦勒，他对神的应许充满信心。他说：“我们立刻上去，占领那地吧！因为我们必能得胜”（民数记13:30）。我们选择交往的朋友可以像带回消极消息给摩西的探子，也可以像迦勒那样对神有信心并顺服神的应许。

5. 我们要接受并遵行神的应许

圣经上说：“因为 神的一切应许，在基督里都是“是”的，为此我们借着他说“阿们”，使荣耀归于 神”（哥林多后书1:20）。得胜者要知道并对神的应许有信心。圣经记载扫罗王和大卫对于击败歌利亚的不同回应。扫罗王对大卫没有信心。扫罗对大卫说：“你不能去与这非利士人决斗，因为你年纪还轻，那人从小就作战士”（撒母耳记上17:32-33）。然而，大卫倚靠他的神；相信神的能力，他过去的作为和将要成就的事。大卫对扫罗说：“你仆人是为父亲放羊的，有时狮子或熊来了，从羊群中抓去一只小羊，我就出去追赶它，击打它，从它的嘴里把小羊救出来。如果它起来攻击我，我就揪住它的胡须，击打它，把它杀死。你仆人不但击杀过狮子，也击杀过熊。这个未受割礼的非利士人也必像一只狮子或熊一样，因为他向永活的 神的军队骂阵”（撒母耳记上17:34-36）。

总结，让我们保守自己的心，被圣灵充满，交对的朋友，信靠并遵守神的话语，因为神是信守承诺的神。保罗说：“但靠着爱我们的那一位，我们在这一切事上就得胜有余了。因为我深信：无论是死、是生，是天使、是掌权的，是现在的事，是将来的事，是有能力的，是高天的、是深渊的，或是任何别的被造之物，都不能叫我们与 神的爱隔绝，这爱是在我们的主耶稣基督里的”（罗马书8:37-39）。

圣经经文摘自新译本圣经。



Students listening intently during the training

A REWARDING EXPERIENCE!

BY PHAN YOKE HIN

Training inspires confidence, improves capabilities, and opens doors of opportunities. That may aptly sum up what the students of the Emerge Life Group (LG) Leadership Training have experienced when the course was recently conducted virtually.

The students who have been trained were prayed for and given the opportunity to practice what they have learnt and be a blessing by playing a part in conducting their LG meeting under the guidance of their respective LG leaders.

Here are some of the many comments from the students regarding their rewarding training experience:

"I have learnt how to assist my LG leader humbly and sincerely before God. I was touched by Pastor David Seah and other experienced facilitators on their sharing how to serve people with love, by listening, understanding, and meeting their needs." - **Vincent Tee**

"The training enriched me with a good understanding of biblical foundations of the LG ministry, and has helped me develop the compassion to be an influencer, reach out and multiply." - **Mandy Soon**

"My preconceived unproductive ideas about how to treat and help people have been corrected and changed. My confidence is in the Lord, through His Holy Spirit, giving me the liberty to be gentle, winsome and effective in conducting small group meeting that makes a difference." - **Shanni Lau**

The next Emerge LG Leadership Training will be conducted in November 2020. We welcome you to join us and be blessed. Please seek assistance from your LG leader or call us at 03-8999 5532 ext. 442.

BOLDLY DECLARING THEIR FAITH

Congratulations to 10 Calvarites who followed Christ in water baptism on 29 August 2020 at the Saturday Worship Service at Calvary Damansara Heights. The Lord bless your obedience in your journey with Him.

If you would like to take the step of obedience to the Lord and be water baptised, call 03-8999 5532 ext. 434, visit calvary.my/water-baptism, or speak to any of the pastors.

(Left to Right)

FRONT ROW:
Siddharth Ivan Varon,
Aw Zhi Hui, Aw Ta Rui

SECOND ROW:
Annika Tan Li Xuan,
Chloe Tan Lai Yin

THIRD ROW:
Carmen Lim Kar Por,
Henry Woon Thin Sang,
Emily Lim Yik Foun

BACK ROW:
Leelavathi A/P Sivalingam,
Jessandra Wong Lirn Xin



WE ARE RESUMING!



**Royal Rangers
and Missionettes**
beginning

4 October 2020, 9.45am

**Calvary Nursery Care
Worship Nursery**
beginning

4 October 2020, 11.00am

Teens
beginning

11 October 2020, 11.00am

WORSHIP SCHEDULE OCTOBER 2020

SAT 5.00pm Calvary Damansara Heights

03 Associate Pastor Steven Kum
Communion

10 Associate Pastor Raymond Yong

17 Associate Pastor Peter Ong

24 Associate Pastor Richard Yun
Water Baptism

31 Associate Pastor Timothy Ong
Communion

SUN 8.00am Calvary Convention Centre

04 Senior Pastor Prince Guneratnam
Communion

11 Associate Pastor Richard Yun

18 Associate Pastor Raymond Yong

25 Associate Pastor Peter Ong

 All our 8.00am Sunday Worship Services will also be livestreamed on our YouTube channel, [Calvaryone](#)

SUN 11.00am Calvary Convention Centre

04 Associate Pastor David Seah
Communion

11 Associate Pastor Peter Ong

18 Associate Pastor Timothy Ong

25 Associate Pastor Chan Lee Peng

ACTIVITIES



11, 18, & 25 OCT

CHINESE SERVICE

Sunday, 11.00am
Theatre 2, Level B2,
Calvary Convention Centre



18 OCT

TAMIL SERVICE

Sunday, 11.00am
Theatre 1, Level B2,
Calvary Convention Centre



24 OCT

WATER BAPTISM

Saturday, 5.00pm
Calvary Damansara Heights
*Closing date for submission of application:
Sunday, 11 October 2020*

Giving through Touch 'n Go eWallet

Please note that giving through the Touch 'n Go eWallet platform is not eligible for tax exemption.



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Find out more detailed information at [calvary.my/online-giving](#)



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50490 Kuala Lumpur, Malaysia

Senior Pastor Rev. Tan Sri Datuk Dr. Prince Guneratnam

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 email@calvary.org.my

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