

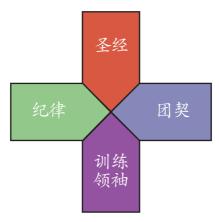


† 牧师的话 †

我相信自信主以来,我们就被教导要读经祷告、要灵修,这是基督徒的属灵操练。好些基督徒因为没法这样做而常常活在愧疚中。 其实我们不应该愧疚而是觉得惋惜,因为错失了经历上帝的喜乐。 圣经是上帝所默示和感动而成的;上帝的灵同样要感动和引导你我 在道中与天父相遇。耶利米说: 万军之上帝耶和华啊,我把祢的话视为甘饴, 它们是我心中的快乐和喜悦。(耶利米书15:16) 扎根真道让我们有稳固的根基,在这充满似是而非的世界不会随波逐流。 上帝也期盼透过祂的话向我们启示祂自己及祂的心意; 使我们在祂里面、祂也在我们里面。无论是《门徒》或《基督里的良伴》, 相信大家经过这几个月的相聚同行已经尝到这甘饴。 在往后的日子,当我们因为忙碌而怠惰的时候, 让这经历激励我们回到上帝的话语中,重新得力。

何秋吟牧师

我们彼此守望和激励吧!



《门徒》和《基督里的良伴》 的宗旨和精神

1

★ 结业名单2023 ★

基督里的良伴

组长:魏忠灵、林锦华



郑惠云 ・ 赖富生

李玮萍 ・ 何宗晔

何惠欣 ・ 黎芯萍

叶瑶窕 ・ 麦凤爱

鄧慧賢 ・ 李兆琼

许姝婷 • 王阳

红本《门徒》

组长: 李文娇、庄明南

曾天惠 ・ 罗维芊

陈慧颖 ・ 姚劲信

叶联云 · 张红波

白惟馨 ・ 黄玉芳

蔡玉梅 ・ 方青

黄子恩 ・ 武平



紫本《门徒》(英)

Facilitator: Chen Chern Yi



Ho Hui Zhen • Jerry Tay

Chua Sheng Wei Brian · Loy Jun Hong

Chua Mui Lee Irene · Lam Yi Yong

Ye WenXiong · Ngoi Lu Sin

Koh Yong Jing · Loy Chee Wah

Lau Wei Xi · Alexandria

Chin Rui Fang

十 献心礼 十



★ 基督里的良伴 ★



我想要借这个机会,向大家表达我最诚挚的感谢,特别是在参加《基督里的良伴》课程后。这段时间对我来说充满了意义和启发,我受益匪浅。

感谢上帝的恩典,因为正是祂的引领和启示,我才有 机会参加这个课程,并更深入地了解祂的爱和恩典。感恩的 心让我更加坚定地走在信仰之路上。

反思:耶稣是我的救主。虽然我看不到祢,可是我知道祢的存在。但是我与祢的交通不够,所以感觉不到祢的存在。求祢开启我的眼睛、耳朵、心灵去明白祢的话语,然后也让我感觉到祢的存在。

再次感谢大家的陪伴和支持。愿上帝的恩典继续引领 我们的生活,让我们一起分享爱与和平。奉耶稣的名祷告, 阿们!



感恩的心, 邓慧賢



当 我在执事会听到跨年龄小组,我第一时间就联想到《基督里的良伴》。我们的小组有老中青的组员。通过良伴们的分享,我能够了解不同年龄层所面对的挑战。通过他们的分享,我感受良多。

大部分的良伴们都有事奉的岗位,在这属灵 旅程中,我能够更了解我的良伴。在中秋节外 展的活动和节目中我们更能够彼此配搭。

在《基督里的良伴》集体辨别上帝的旨意的 练习中, 我学到在群体讨论可以透过先设立原

则的重要性,这比只讨论如何执行来的重要,尤其是在神的家中,这个方法不仅 能运用在教会,而且也能够运用在家庭的决策上。

感谢良伴们在这一年的陪伴,让我有一个充实而难忘的学习旅程。

何宗晔

带着忧伤、怀疑来到了《基督 里的良伴》课堂,这样的我,上 帝也不撇弃。祂在我身上有预设 的恩典,安排了锦华师母做我的 良伴。上帝在课程中一步一步引 领和医治我伤痛的灵。是祂擦干 了我的眼泪, 更让我看见了原来 上帝的国真是一个宝藏, 先前的 我只是瞥见冰山的一小块冰。我 一直在浅滩中徘徊, 只是远远地 浅尝主恩的滋味,这个课程带领 我的生命进入水深之处,上帝用 爱的呼唤来吸引我奔向祂无尽慈 爱的怀抱。衪给我丰盛的生命。 起来! 弟兄姐妹们. 一同欢庆进 入衪为你我预备的筵席。

李兆琼



★ 基督里的良伴 ★

亲爱的阿爸天父,

谢谢祢成为我的牧者,我必不至缺乏。 祢使我躺卧在青草地上, 领我到可安歇的水边。 让我去了一趟非凡的旅程。

旅程中祢领我到了那美丽的花园。 花园里遍地都是美丽的花草树木, 它们犹如祢的话语,使我的灵魂苏醒, 引导我走义路。 有时祢让我独自的欣赏它们, 有时祢让我与旅途中的良伴们 一起品尝着它们的果实。 它们是如此的美丽,如此的美味。

接着, 祢领我到客西马尼园里, 让我看见耶稣真诚的祷告。 那祷告的声音犹如美丽的音符 飘浮在空中, 是如此的美妙。 在这里, 我可以自由的与祢对话, 让我得着安息。 在这里, 我可以与良伴们一起彼此代祷, 让我们透过代祷,彼此款待。

走着,走着,我感到疲惫, 放弃的念头,悄悄地来了。 耶和华啊,祢是我的牧者, 我必不至缺乏。 我虽然行过死荫的幽谷,也不怕遭害, 因为祢与我同在; 祢的杖,祢的竿,都安慰我。 在我敌人面前,祢为我摆设筵席。





称透过良伴们的鼓励和陪伴, 牵绊着我继续地往下一站走去。 这一站,我们来到了祢的葡萄园。 葡萄园里,圣灵赐下那宝贵的恩赐。 耶稣是那葡萄树, 我与良伴们问枝子,连于葡萄树。 因此,我们得着生命, 得以开花,结果。 葡萄园里, 我们彼此服侍,彼此发掘,彼此欣赏。 个人如同身体的一部分, 连于基督的生命。

旅程来到尾端时, 祢带我们回到你的家。 在属灵的家里, 我们学习如何明白上帝在我们个人生命 和教会里的心意。 在祢的家里,祢用油膏了我们的头, 使我们的福杯满溢。

谢谢祢为我们预备并领我们走过 这奇妙的旅程。 以马内利的上帝, 谢谢祢在这旅程里与我们同在。 圣灵啊! 谢谢祢的引导, 让我们学习贴近你的心。 我们一生一世必有恩惠慈爱随着我们, 我们且要住在上帝的殿中,直到永远。 叶瑶窕

耶和华啊.

★ 基督里的良伴 ★



成 谢主,能上《基督里的良伴》课程。这 课程给我意想不到的特别。对我来说,这 是新的学习方式。我学习以听、看、想、做 来体验上帝的同在。在过程中,我学习用思 考和反省来与上帝和良伴们连接。我也认识 到我可以不同的祷告形式来丰富我祷告的生 活。默观式的归心祷告让我体会到与上帝同 在可享有的宁静和安稳。

除此之外,我也学习靠着圣灵如何辨明自己和良伴们的恩赐。我愿将圣灵赋予我的恩赐,发挥出来,连于葡萄树上,结出果子来。

麦凤爱

尸寸间很快的流逝,课程来到尾声了。

身为第二年轻的良伴,很高兴与其他 年长的良伴们一起学习,并且更深入了解 和认识他们。

从他们分享当中,我看到上帝与他们同在和带领他们;我也看到他们如何顺服上帝,愿意将种种困难和挑战交托于上帝,上帝如何帮他们解危。这提醒我持续仰望信靠祂。我们一起走这属灵旅程中,通过不同方式的祷告,聆听良伴们的分享,彼此团契,互相督责;我们学习如何扎根于真理并和上帝相遇。

我们也学习藉着祷告,辨明彼此的恩赐,将它们写在卡上,并且唸出,来鼓励和肯定彼此之间的明显和潛在的恩赐。

我很感恩有良伴们在这属灵旅程中不 断鼓励和陪伴,帮助我渡过人生的低潮。

何惠欣





- ◀ 《基督里的良伴》让我认识到我的生命,需要与上帝和一群基督里的良伴们 一起走这人生的旅程。
- 2听了良伴们分享上帝在他们生命中彰显和怎样改变了他们的生命后,让我回顾了过去我怎样认识这位三位一体的真神上帝,使我破碎的家庭翻转过来。
- **3**我还认识到读经的方式也可以多元化,最吸引我的是"灵阅",这也是我从来没有过的读经方式,通过慢慢的阅读、冥想、祈祷和休息,来默想上帝的活语,让我更加的认识到上帝的爱是何等的长阔高深,也让我想起约翰福音3:16 "神愛世人,甚至将祂的独生子赐给他们,叫一切信祂的,不至灭亡,反得永生。"

4 我更认识到祷告的方式有很多种。起初我觉得非常纳闷,怎么祷告有这么多种的方式,但是后来我明白圣灵可以借着不同的祷告方式来引导我。我学会了顺服于圣灵的带灵和启示。

赖富生

★ 基督里的良伴 ★

我起初参加《基督里的良伴》的动力在于学习与不同年龄层的良伴们在不同恩典的途径中遇见上帝,并且与主亲近。

成圣的旅程不该是孤独的。我 欣然听到同伴们的分享,并且见证上 帝在我们生活中的存在。良伴们彼此 扶持、给与勉励。察觉对方的恩赐、 给予肯定。但愿我们不停滞于领受上 帝的赐福,充分发挥所领受的恩赐, 来回应主的呼召,结出果子来。

灵命成长不仅只是头脑里的知识,而且也包涵了对上帝的回应和行

动: 侍奉、敬拜、祷告.....我在其中学习了呼吸式的祷告,简单却深切。



黎芯萍



在 圣灵的感召下,我参加了《基督里的良伴》课程。当时生活非常忙碌的我,是非常需要良伴的陪伴。这让我在灵里得到成长,也让我深思作为基督徒生命的本质是什么,更让我学会怎样平衡工作、学习、家庭和服侍。

在学习的过程,最令我感动的是良伴们彼此分享圣灵的恩赐。良伴们通过二十多节课的细心观察和仔细聆听良伴们在每节课的分享,总结出每个良伴的不同的特质和恩赐。当我收到他们精心制作的卡片以及激励我的话语时,激动的心情是非笔黑所能形容的。我完全没有想到我在他们的眼中是一个上帝赋予了这么多恩赐的人!这也让我更加谦卑地去思考我该如何使用这些恩赐来服侍人和教会,荣神益人。



最令我印象深刻的学习单元是:如何默想上帝的话语以及如何引导想象。这是我第一次接触到默想圣经话语的操练。忠灵和锦华师母两位组长亲自带领我们:第一阶段慢慢阅读圣经经文;第二阶段专注于默想,专心致志地反思经文;第三阶段的灵阅是祈祷;第四阶段是进入沉思的历程。通过这样的操练,可以把我头脑里的知识转变成心里的领悟,这让我终身受益。

这个课程不仅让我的灵命得到塑造,更让我通过组长和良伴们的互动以及彼此的关爱和包容,享受到这个课程带给我的喜乐以及丰丰富富的恩典。

在此,我鼓励弟兄姐妹不要犹豫,快来享受《基督里的良伴》这个课程吧!

王阳



基督里的良伴》是不可多得的灵性塑造课程。它把历世历代、各宗各派丰富的灵修操练遗产提炼出来,以课程的形式让学员循序渐进地学习。我很喜欢这一套课程,因为它是直接处理我们灵命深处的问题,帮助我们与基督连接,也彼此连接。深度的分享、学习如何进行个人和集体的导引、探讨传统的归心祷告、灵阅式的读经等,开阔

我们属灵的视野,也让我们经历生命的更新与转化。

林锦华

★ 基督里的良伴 ★

started the class sharing my struggle with Quiet Time. Some classmates too shared their vulnerabilities and were unsure if they had the energy and tenacity to finish the race.

Lo and behold, we have graduated! And none of us dropped out of class! Praise the Lord!

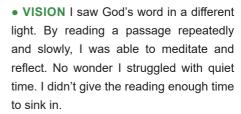
I must confess, though, I thought I was going to breeze through an easy class with less reading and homework. But God was there like a strict yet

loving father to guide, and even

to discipline. It was not an easy class but it was enriching edifying and

enriching, edifying and undoubtedly exciting!

Using 5 senses, I would describe my learning as.....



• **HEARING** Through active listening for keywords and meaningful phrases, I was able to apply deep truths.

• TOUCH I felt the Holy Spirit move during breath prayer. "Be still and know that He is God". That was the most important

yet hardest part of the lesson; to

be still and open for God to speak.

 SMELL I could smell the sweet fragrance of worship through the songs we sang and heard. We also learnt how to abide in Christ by bearing

the fruits of the spirit and exercising our spiritual gifts.

• TASTE Our fellowship was a taste of umami. Each sharing, each activity would be etched deeply in my heart. Missing them dearly already:(

Let me encourage everyone to attend "Companions in Christ" and to see, hear, feel, smell and taste the goodness of God through the fellowship of His people as they journey as companions in Christ.

Amen!

Wendy Lee 李玮萍



t is a great privilege to start on this spiritual journey through this course. Even though it was difficult for me to cope initially, the experience that Companions in Christ had given me is one that once again reminded me of God's work in my life and helped me open up to the fullness of God's love, His presence and abundant grace in a new, powerful and transforming way. As we gather to share, reflect and partake in different activities each week. we had the opportunity to explore what our faith is really all about and through all this, it deepened our spiritual life through retrospection and meditation on our life journey with God so far. Getting to listen from different perspectives of my classmates during discussion also allowed me to experience God's words

in a different light and see how it touched others' lives. Just as the branches must be connected to the vine, we are also interconnected as a community to live our lives in Christ together. This has given me strength and courage as our growth in God is a communal venture, and we are never alone in this journey of faith. This path of grace is never a solitary walk.

Koh Soo Teng 许姝婷



↑ 红本《门徒》 ↑





研读圣经 作主门徒

研读手册

感谢主的恩典,让我在为期9个月的课程中,透过学习不同的研经法帮助我更加有系统地研读圣经,也让我更加认识上帝。同时藉着每日研读圣经,灵修祷告,默想上帝的话,使我能够深刻地感受到上帝与我的对话,与上帝建立更加亲密的关系。在上课时,导师们和我们学员之间藉着对经文理解的分享、互动、彼此勉励、彼此代祷,也让我们建立了更密契的团契生活。

感恩!神为我们预备了两位很好的导师: 文娇和明南导师, 他们通过不同风格的爱心教导,

帮助、带领我的灵命成长。

红本《门徒》是非常好的装备课程,期待更多的兄弟姐妹能加入《门徒》之旅,这将是非常有意义的属灵加油站!





感谢神让我有机会参与这个课程,帮助我走过一遍圣经,对圣经的内容更明白了。在这9个月的课程中,安排每天晚上做功课是比较挣扎也具有挑战性的。但这也是个推动力让我必须每天读上帝的话语,跟上帝建立更美好的关系。虽然常没有办法每天做功课,但是我都会尽力在上课前把所有的经节都读一遍。

感谢主丰盛的慈爱,谢谢文娇老师和明南老师一路 来的教导和鼓励,还有来自不同年龄层以及各行各业同学们的生活分享和见证, 带给我更新与改变。在每一次的问题讨论当中,同学们一起分享彼此的得着和看 法,也帮助了我了解一些不明白的地方,同时也拉近了同学们的距离。

作为主的门徒,我知道这是一条不容易走的路,我们要勇于面对受苦和牺牲,克服旅途中的困难和诱惑。也要时时刻刻提醒自己:在侍奉的道路上,我们从不孤单,因为有上帝与我们同在。希望在前面的每一个脚步,我能够继续谦卑地顺服上帝的指引,紧紧地抓着主的话语;因为我知道人是软弱的,只能靠主才能站立的住。愿上帝的话语刻印在我们的心里,成为我们脚前的灯,路上的光。愿上帝与我们同在。阿们!

陈慧颖

我当初参加《门徒》课程的原因是为了要藉着这个机会研读圣经,更了解上帝的话语。这过程非常辛苦,我也感受到压力,因为在准备上课之前都需要读很多章经节和了解它们。但是在这个过程中,以及在班上所讨论和分享的内容,我学习了很多;透过在班上分组所分享的,让我能够从另外一个角度来明白上帝的话语。

课程再次提醒了我上帝是多么的美好、奇妙, 祂创造了宇宙万物。我们是罪人, 但上帝差派耶稣来到世上, 为了我们的罪钉在十字架, 使我们与上帝和好。因此, 当



我们说我们要跟随耶稣,不能只是随口说说而已,而是应当遵守祂的话,不要效 法这个世界,全然的委身,抛下旧我、舍己,付代价跟随祂。

我们是不可能在一夜之间就能够成为一个彻底的门徒,是需要不断地煅炼;相信靠着上帝的带领、圣灵的帮助,我们能够背起十架忠心跟随主。

白惟馨

十 红本《门徒》十



9个月,34堂红本《门徒》,完成了一个基督徒最具意义的飞跃。这段学习旅途,让我经历了一次蜕变,彻底把自己交给了上帝;《门徒》课程让我明白了要如何行出上帝儿女的生活。

一开始上课并不容易,很多时候是在挣扎中度过,因为对圣经并不熟悉,总感觉读不下去,更无法真正领会圣经中诸多美妙以及上帝的万能和大爱。幸好有老师的传道解惑,更有兄弟姐妹课堂上

的分享、讨论,彼此鼓励和坚持。慢慢地我在上帝的信实中感受到前所未有的依靠,从圣经的话语知道生命的意义,以及上帝给予我们完全的爱。《门徒》课程让我养成了每天读经的习惯,更让我学会了祷告,让我对自己的信仰无比坚定。可以说,参加《门徒》课程的学习我是喜悦的,也是渴慕的;当一个人因学习而坚定,因了解更笃信,从而从容地面对信仰,这本身就是一场胜利。

感谢上帝用祂的博大一路引领,让我的属灵生命更丰富;我不再畏惧,更不会彷惶,因为我知道上帝就在我的生命里。感谢文娇老师总是在我疑惑时给予我最正面的解答,包容我的好奇害死猫的追根究底;也要感谢明南老师的循循善诱,感谢同学们的包容和鼓励。

属灵的路上我才刚刚开始,门徒的生活全新开启;这条义人的路或许还不会是一帆风顺,但因为有了《门徒》课程,我无所畏惧,因为知道我是上帝的儿女, 祂永远与我同在。

方青

我 已经错过了很多个年头,今年总算鼓起勇气上《门徒》课了。感谢主!我在课程里学习到如何以不同的角度和观点去思考及认识圣经的真理,也养成每天定时与上帝亲近的时间。藉着导师们耐心地引导,学员们积极地分享,再次激发我对上帝话语的渴望与追求。

《门徒》课程引导我从人性问题意识到自己的光景,也晓得如何用圣经的真理去胜过它;课程提醒我无论环境如何,都要过一个丰盛和讨主喜悦的生活;我立志要忠心持守主道,见证主名!



叶联云



一 从今年开始上红本《门徒》课程以来,我深感这段学习旅程给予我许多宝贵的经验和启示。

首先,这门课程不仅仅是对圣经知识的深入了解,更是透过七个研经法对经文的解读和分析能力的锻炼;通过学习不同的门徒标志,我了解了如何战胜我们人性的软弱,培养了更为扎实的解决人性问题的能力。

其次,课程给予了我与其他同学讨论、分享的机会, 这也让我有幸认识更多兄弟姐妹,共同追求对上帝话语 的更深认识。

当然,这段学习之旅并非一帆风顺,面对每天的功课,有时确实会感到一些挑战;然而,正是这些挑战激发了我每天有纪律地阅读和查考圣经,将更多时间用于学习和亲近上帝。我期待在这个过程中,让上帝在我的生命中居首位。

这段《门徒》课程的旅程让我更加坚定了对上帝话语的热爱,也让我怀着希望,期待在未来能够更深地装备自己,同时也能够带领更多人一同学习。

最后,我要特别感谢这段旅程中遇到的两位老师:文娇老师和明南老师。 感谢你们无私地付出时间和精力,为我的灵命成长和对圣经知识的启蒙贡献了重要的一笔。愿上帝大大地赐福给你们,阿们!

曾天惠

认识《门徒》课程是透过我认识多年的好姐妹而知道的。在她上了几个月的课程后,每当约她吃饭,她都说没时间,需要做功课;之后我们见面的话题都离不开圣经。她似乎变成另一个人,凡事都以主耶稣为重,主耶稣在她心中已经占了很重要的位置。所以我也很期待上《门徒》课程。

一开始上课,我就体会到姐妹所说的:的确要做很多功课,每天都得做,不然会做不完!加上有好多旧约经卷是我从来都没读过的,倍感吃力;经过一段时间的调适,我才能勉強应付。

红本《门徒》课程帮助我走过一遍新旧约,知道上帝为什么要创造宇宙、造人,因为祂要我们与祂亲近、荣耀祂。我也知道为什么上帝降下洪水淹没世界,因为祂是神圣、圣洁的。上帝赐下爱子为我们赎罪,因为祂是爱,祂爱世人,不能容忍罪却是满有恩典。

黄玉芳

↑ 红本《门徒》 ↑



我想深化圣经知识并保持一个经常阅读神话语的习惯,我决定参加《门徒》课程!刚开始上课时我很紧张,因为我和大多数的同学不是很熟悉,而且也对于《门徒》课程的要求感到担心。不过,上了几堂课后,老师们常常鼓的我们彼此交流,渐渐地大家都熟络了.分享时也很积极。

《门徒》课程帮助了我在每天忙碌的日子中特地留出时间和神亲近,阅读圣经。加上每周二的聚集,我可以更详细地了解所阅读的篇章。在家时,门徒功课是自己读自己做,到了课堂上就有机会和别人分享自己的得意让我觉得很有趣的是大家会所以有数个得到不一样的解读,所以每堂课都很有趣,让我注意到经文中得到不同的细节;不知不觉中阅读圣

经不再是一件困难的事了,反而成了 一种习惯。

我也了解到了做门徒是需要行出来的,不只是上《门徒》课,在自己的工作或任何环境中也要努力作盐作光。课程结业后,我还要常常抽出时间和神亲近,在学校也尽力传福音,把人带到主面前。

罗维芊





感谢上帝的带领,使我能完成红本《门徒》课程。感谢教会开设这门课程供我们学习,感谢上帝赐给

我们两个很好的导师——明南导师和文 娇导师。

刚开始这课程时,我担心自己会 半途而废,有时候想要放弃,有时候 怕跟不上。祷告中不断祈求上帝赐给 我智慧和指导,让我能完成这课程。 我用很多的时间做功课,有时会做到 凌晨。

课程给我印象最深刻的是神学研经法的学习,我们从指定的经文中找有关上帝的事,人的事,上帝与人之间有什么关系;透过在上课时的分享,让我更加了解经文。

红本《门徒》课程让我认识了生 命的主权在上帝,我要回应主耶稣的 呼召,忠心做主的门徒。

黄子恩



在 这近9个月的学习 当中,我有以下三个 非常深刻的感受。

第一,我信主这 么多年来,虽然也参 加过大大小小不少的圣经研读学习, 但像红本《门徒》这类的学习还是第 一次。九个月的学习,使我对圣经知 识的了解掌握,超过了以往十年所学 到的。

第二,刚开班时,我看到班上有那么多位"小朋友"跟自己做同学,心里有点不是滋味,责怪自己为什么没有早一点去参加培训。但随着学习的深入,我心中的顾虑打消了,这一切都是上帝最好的安排。教会是由老、中、青、儿少信徒组成,各个年龄层的需求也不尽相同,大家同为基督的肢体,共同为建立上帝的家彼此配搭。

第三,对于红本《门徒》班学员结业后需要服事至少一年才能继续《门徒》课程学习的规定,起初我不太理解,但随着课业接近尾声,我豁然开朗了。通过学习,上帝已将爱的种子植入我们心中,我们需要以服事教会、服事弟兄姐妹、服事世人的方式,把这份爱用行为展现、传扬开来。好让我们身上体现出真正的门徒标志。

我期待红本《门徒》结业是我成为主真正门徒的开端,我愿意完全交托,顺服主的旨意,与弟兄姐妹彼此配搭,彼此相爱,做主忠心的门徒!

张红波

↑ 红本《门徒》》 ↑



From the Discipleship 1 class, I learnt different aspects of God while reading through the bible. The course also taught me many different study methods to better understand the bible which I can use whenever I read the bible in the future.

I learnt to be more disciplined and to come for class on time even after a long day at work. I also enjoyed having older adults in my class and through sharing during small group discussions, I realised that we are not all that different in spite of our age difference.

At the start of the course, reading so many books in the bible felt like a chore. Now, I will set aside time for reading and preparing for class and look forward to the lessons every week. I am inspired by the older adults who are so keen to know more about God and it made me want to find out more as well. Being surrounded by a group of people who are genuinely trying to seek God motivates me to discuss more with them during and after classes. It helped me to stay on track to know more about God every week and to commit more to him.

I especially like this verse: "You suffered along with those in prison and joyfully



accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions." Hebrews 10:34. Through the lessons learnt during this discipleship class, I want to commit more to God, to learn more about Him and to experience Him more. I resolve to spend time with God in devotions everyday.

姚劲信



have been
a Christian for
many years
and have
gone through
a number
of discipleship

materials. However, this is the first time I have done a discipleship course in Chinese 红本《门徒》.

I thought we will just be studying the Bible systematically during the course, but I found myself learning so much more. I found the 门徒标志 teaching us how to apply the theme from each chapter and the questions for reflection particularly helpful.

We were blessed to have two facilitators who have their own unique style of teaching. I really appreciate learning from the different styles of teaching. I also learnt a lot from the videos as they enlightened us about the background and significance of each book of the Bible. The questions designed by the facilitators were particularly helpful in understanding the content of the videos.

Reading 人性问题 enabled me to understand my own struggles and the challenges of mankind. I find this helpful when I prepare to share the gospel with pre-believers. 面对真道 is one area which helped me develop a better understanding

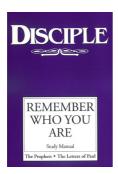
of the bible. I found a new joy spending time studying God's word and working on the assignments before each class. My participation in this discipleship class has greatly strengthened my walk with the Lord, and I would strongly recommend this course to all believers.

蔡玉梅





+ 紫本《门徒》 +





vividly remember the lesson on Jonah. It was the 16th lesson, halfway through our journey in discipleship

class. Most of the lessons before Jonah were confusing to me, as I could never wrap my head around the history of Israel. The timelines were confusing, there were many names, and there were so many chapters to read each day. Then there came Jonah, 4 chapters in total, one for each day, short and sweet. Like most of the other people who grew up in church, my impression of the book of Jonah was just "Jonah and the big fish": God called out to Jonah, but he refused and was swallowed by a fish for 3 days and 3 nights. That pretty much sums up the book, or so I thought. I always knew that there would be more to the story if I dug deeper, but I did not expect Jonah to be such a relatable character.

God assigned Jonah a task: "Get up,

go to Nineveh, that great city, and proclaim to it the message that I tell you." As readers, it sounded like a simple task to us. Go, Jonah, just go. When I was younger, it did not register to me why Jonah was running away. As I grew older, I totally understood his action. The human condition that lesson described Jonah's unwillingness perfectly, it is only reasonable to dislike



those who mistreated us and we are even more repelled by the idea of them being forgiven by God. To help his people's enemies get forgiveness? Jonah did not want to go. I wouldn't have wanted to go. Jonah is what I would call the most humanlike prophet. Amos had visions and warned the people, Isaiah volunteered to be God's messenger, and Elijah was faithful, but



Jonah ran away. He knew that God's merciful nature would eventually lead to Nineveh being saved. His sense of justice was offended, his pride could not accept this truth. Why, God? You are supposed to hate evil, you even punished us when we disobeyed, the wrongdoers deserve punishment! The book of Jonah brought out the concept of reciprocal repentance. God repents if you repent. It is a hopeful message. We can all be saved, just like Nineveh. Jonah got upset over the vine that shielded him from the sun. God felt sorry for Nineveh for the countless number of people who can't differentiate their right hand from their left. We are those people. We are Nineveh. This is good news for us sinners who should have been punished, but now we know God cares for us and would forgive us.

We are Jonah and Nineveh. We are human like Jonah, always running away from God when His instructions are not in our favour. But we are also Nineveh, the sinful city that should have been destroyed but spared once we repent. Like Jonah, we should have known God's nature, we have people we love whom we would pray desperately for to be saved, and we were saved by God. Perhaps Jonah had his reason to be upset over God's decision to spare Nineveh, but who are we to complain about our enemies being forgiven by God?

Lau Wei Xi

+ 紫本《门徒》 +



The marriage of Hosea and Gomer was to illustrate the relationship between God and Israel, His people. After imagining myself as Hosea, I realised how "real" God is. We think that whenever we sin there will punishment, but He will also restore us and give us hope. I say that God is "real" because I believe that the anger and wrath that He showed on chapter 2 is how I would react if I am betrayed.

God said "Therefore I am now going to allure her; I will lead her into the

wilderness and speak tenderly to her". This shows me what I should do when I feel cheated or have lost trust towards people - to allure these people and speak tenderly to them. How can we reconcile bitter

relationship if we avoid each other? How to be forgiving and to seek forgiveness? This will only happen when one person takes the first step and speaks tenderly with the other party, showing "love and compassion". This, I believe is the way to forgive others and to be forgiven by others.

When we sin, there will be consequences and punishments. I tend to seek excuses for my sins or find ways to convince myself that the punishment I received from God is unfair. I often think

that I do not deserve this punishment, and that I am not the only one at fault. Why do others not face the same consequences as I do? As I reflect more, I have come to realize that finding excuses

or placing blame on God or others for the punishment is useless. I am punished because I have sinned, plain and simple. But that doesn't mean God likes to punish us. He is a loving God, much like a father disciplining his children. He does not enjoy it.

Question is: so how can I stop sinning? I know that Jesus loves me so much that He died for me, so that my sins are forgiven. I believe that God knows what sins I've committed, even if I have hidden it so deep inside that nobody else know. By confessing my sins and repenting, accepting the punishment given and learning from it to make myself more and more like Jesus with each passing day.

Discipleship 3 requires us to read through the Prophets and Paul's letters. Knowing what Paul went through to share the gospel makes me seriously evaluate what efforts I have made as a Christian to share the gospel with others. Am I committed to trust God and to obey Jesus's commandment to "go and make disciples of all nations"? I will remain faithful and committed in my walk with Jesus and in my future ministry. In conclusion, I would like to share this statement: "Christ likeness is when people looked at you, they see Christ in your life." I will strive to live in a way that others can see Christ in my life.

Chua Sheng Wei Brian



Over the course of 32 weeks, we had the opportunity to discuss the prophet books and Paul's epistles. Paul is committed, faithful, loving, and righteous. In his letters, Paul showed his commitment to the churches he has planted - addressing surfaced within the problems that church through rebukes, reminders, and encouragements. He remained faithful despite his circumstances such as facing rejections, persecutions and jailtime for the sole purpose of the advancement of the gospel. His only goal has always been to bring the gospel to the Jews and Gentiles and he did so through God's wisdom. He always spoke up when a church blatantly pursued practices contrary to the gospel, had misconceptions, or was teaching falsely about the gospel.

The motivation behind all that Paul

+ 紫本《门徒》 +

did was rooted in his faith and love for Christ and God's kingdom. Paul often reminded his churches not to lose hope because they are no longer their old selves but made new due to Christ's suffering on the cross; His resurrected body brings power to crush the bondage of sin and death. These reminders to the churches brought hope and light as he addressed the seedlings of doubt, disharmony, and confusion within the churches. In the same manner, I am encouraged by his ministry, in the way he lived his life for the calling of sharing the gospel whether in chains or not. He lived purposefully and faithfully. In my own walk with Christ, I often find it a struggle to give up my own time for the advancement of the gospel, let alone sacrificing my life for the commission. Nonetheless, Paul's works challenges and encourages me to rethink what the gospel has in store for me and how it should influence the way I live and make decisions.

Another impactful experience I've had at discipleship class was writing a letter to my peer, similar to the way Paul did – including the salutation, thanksgiving, body of the letter, ethical instruction and exhortation, and conclusion. We first reviewed the way he crafted his letter purposefully with the above elements in the letter, then we wrote our own. It was meaningful and experiential because

we saw from the perspective of Paul how we needed to know more about the reader before diving deep into praying for them and addressing their own concerns. It gave me more opportunity to get to know my classmates and support them spiritually. The exercise was encouraging, and it reminded me about Paul's active involvement with the churches he planted. Likewise in my ministry, I am challenged to maintain a close relationship with the people around me. To know their concerns inside out like a nursing mother or authoritative father, before I could go about addressing their needs and supporting them in light of advancing the gospel.

Ho Hui Zhen





Post exile, God's people returned to a familiar yet estranged Jerusalem. They began to rebuild the Temple, but there were huge obstacles. Existing residents voiced objections, local authorities thought they were rebelling, and they were running out of money and materials. The book of Zechariah is about God's people picking themselves up after the exile. The people rebelled against God and were judged through the exile. Now that they are back home, how will they move on? The book

of Zechariah spurred me on when I try to rebuild the Temple of my heart.

At times it was a struggle to recover and pick myself up after a spiritually dry season or after repenting of my sin. "'Return to me,' declares the Lord of Hosts, 'and I will return to you'. Where do I begin? How can I last? How do I face God again? Just like the people, I had to face problems and doubts while trying to climb back up. Knowing that my strength and resources alone will never be enough to fight against the evils in the world, against Satan and his traps.

The word of the Lord to Zerubbabel "Not by might, nor by power, but by my Spirit,". Through the book of Zechariah, God reminds me that He is my God. The visions and oracles the prophet saw were glimpses of God's great authority, power and love for His people. God had shown time and time again that His protection, providence and power have brought them through tough times and to victory. In the past, God has shown me that it was never about what I could bring to the table, but it is His grace and love that carried me through every day as I rely on Him. God reminds me of His providence when I needed more, His peace in times of anxiety, and His forgiveness when I go astray. My heart finds hope in the future reign of the Lord over His people.

Jerry Tay

↑ 紫本《门徒》 ↑



he two letters to the Corinthians churches have served as a powerful reminder of my role as a Christian and the principles that guide my life. Here are some valuable lessons I've gathered through reading these letters:

First is unity in Christ. The Corinthians' struggle with divisions and the various leaders they were following, such as Paul, Apollos, and Cephas, resonated with me. Paul's reminder that there is only one Christ and that these leaders are mere vessels used by Christ to guide us toward God reinforces the importance of unity within and between churches. Paul's analogy of the church as a single body with many parts is a striking reminder that our differences rather than dividing us, should inspire us to embrace our unique roles and work together as a team in God's ministry. This perspective has encouraged me to prioritize unity in my Christian walk and interactions with fellow believers, honouring God by fostering harmony and collaboration.

Second is regarding sex and lust. In today's world where the influence of social media is pervasive, the issue of sexual immorality has become increasingly prevalent. Terms like "body count" and "sexual compatibility" entered have everyday conversation. Paul's letters provide a poignant reminder of the need to guard against lustful thoughts and behaviours. He reinforced the idea that our bodies are temples of the Holy Spirit and members of Christ, reminding us that we were bought at a price through the sacrifice of Jesus. This message underscores the importance of honouring God with our bodies and making choices that reflect this respect.

Third is generosity. Paul's exhortation to the Corinthians to be generous in supporting those in need, particularly in Jerusalem, challenges me to practice generosity beyond the regular act of tithing. As someone who grew up in a financially constrained environment and has always aspired to achieve financial security, this is a personal struggle. It's difficult to part with hard-earned income, as it seems to pull me further from my goal of financial independence. Nevertheless, Paul's words encourage me to be a cheerful giver and shift my focus from worldly matters to heavenly treasures. It's a reminder that the money we earn is ultimately from God, and

we are entrusted with the responsibility to use it wisely and generously.

Fourth is about loving our neighbours. Paul's advice on avoiding actions that may lead others astray, such as consuming food sacrificed to idols or using spiritual gifts like speaking in tongues, provides valuable insights. I've learned that while in Christ, I have the freedom to do many things, there are times when it's wiser not to, for the sake of my neighbours. This lesson has made me more conscious of my actions and behaviours, particularly in public, at work, or in church settings. It emphasizes the importance of not hindering the gospel of Christ through thoughtless actions or decisions.

In conclusion, the letters to the Corinthians have deepened my understanding of what it means to live as a Christian. They've encouraged me to embrace unity, maintain purity in thought and action, practice generosity, and be mindful of the impact of my choices on others. These lessons provide a valuable framework for guiding my Christian walk and interactions with others, as I strive

to live a life that honours God and serve as a positive witness to those around me.

Koh Yong Jing





The world of Judah in the book of Zephaniah have many similarities with our world today. Wars has

stopped. Although Judah needed to pay tribute to Assyria, there were peace. Trade in the city prospered. Judah enjoyed peace and prosperity. Similarly, the world we live in Singapore today is without wars and with plenty of material abundance.

When life was good, Judah became prideful as if they don't need God. They will not listen to God, will not accept correction, will not trust God, and will not draw near to God. Judah is full of injustices and corruption. Their lives were still good without God. Perhaps God does not care or is irrelevant. They can be in control without God. However, the truth is God won't tolerate horrible things. Zephaniah warns of God's judgement that is to come and call for repentance. God is fiercely angry. When the day of the Lord and His judgement comes, it will come with consuming fire. The imagery is intense.

What gives us comfort is in God's good purpose. The purpose God brings judgement in His justice is for purification and restoration. God does not take delight in destroying or inflicting pain to human. God will bring us home, the world as He

+ 紫本《门徒》 +

created it to be. What assures me further is God faithfulness in fulfilling His promise to Abraham, and no amount of sinfulness on our part can cause God to break that promise. In His sovereignty, God has prepared the faithful remnants in the sinful world. Those who repent and hope in the Lord, and seek the Lord in the sinful world, they will form the remnants.

Similarly in my life today, I ask myself, are there areas of my life that I am prideful and think that I can have control without needing to involve God? In my use of my time, I often watch mindless YouTube videos to fill my boredom. I will confess my sins to God and be more conscious of how I steward the time God has given me.

Loy Chee Wah



Reflecting on the book of Isaiah taught me that life is not within our control. When we suffer and there

seems to be no way out, God is always there to help us. Jesus paid the price of sin with His life, to redeem us and bring salvation.

In the face of adversity, I found that I was crying to the Lord more than when life was smooth going. I cry out to God

because I know that He is good and loves us, just like our earthly parents from whom we seek help from when we need advice.

"Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" Isaiah 40:31

Doing Discipleship 3 has been a challenge for me this year because I went through a few major hurdles in my life. One was an onset of perioral dermatitis, which strongly affected my self-confidence, the second being the centre of attention and finger-pointing for my new relationship, and lastly, poor assignment grades in my final year of university.

Despite it being an extremely stressful year, I've renewed my faith through reading Isaiah as I wait upon the Lord and trust in God's plan. God leads us in the way that we should go (Isaiah 48:17). Through His methods, we will be able to see what plans He has for us as we wait upon the Lord. Knowing that God's ways are higher than my ways has helped me to completely shift my mindsets. Instead of trying to work hard to get answers from people, I just waited. While waiting and allowing God to work in my heart, I found peace and patience to be kind to those who have hurt me. All things come to pass and whether it is in my favour or not, I have surrendered everything to God and let Him

show me His ways.

Through Discipleship 3, I've felt more refreshed about God's word and am able to grow and strengthen my faith community to journey through life's trials together, and celebrate successes together. We've prayed, cried, rejoiced and fellowshipped through the different outcomes of choices we made, and I am thankful that I decided to attend this class because I gleaned a lot of knowledge from it.

Alexandria Chin Rui Fang



This year, I am in Discipleship course "Remember Who You Are". Indeed, we are often distracted and need to be reminded of who we are in Christ. In this course, we are focusing on the Prophets and Paul's Letters. The book started with Prophets from the Old Testaments. We studied them in their historical sequence instead of their biblical sequence. I like this sequence as it is offers another angle of understanding what happened throughout the Old Testaments. Prophets are God's

vessels to speak God's word. We learnt about the different prophets, their context of history, and how they related with their kings, their nations and their struggles. The Letters of Paul teaches that salvation is for everyone, Jews or Gentiles, slaves or free, males or females. He also clarified the disputes or confusions in the early churches and taught them that they are justified by faith and are no longer bound by the laws.

I would like to share on what I have learned from the book of Micah. Micah, the prophet, prophesized that God's judgement will come upon Samaria and Judah as the people has rebelled. He warned of God's wrath and the consequences, which is that their lands will be taken away and given to their enemies. The people choose to listen to false prophets instead, as they choose to listen to what they like to hear. They do not want to hear about the judgement of God spoken by the true prophets. Despite numerous warnings from the prophets, the people chose to continue their sinful ways and God passed his judgement on them. They were exiled as a punishment from God. However, God always restore His people when they repent and cry out to Him after going through the punishment.

When we disobey God we will be punished as God is a holy God and He cannot tolerate our sins and disobedience. We should listen to God's warnings and

★ 紫本《门徒》 ★

repent before God uses punishment to bring us back to Him. We seek comfort that the punishment does not last forever and there is hope of restoration of our

relationship with God because of His unfailing love and compassion for us!



Chua Mui Li Irene

have had a fruitful time in class discovering and understanding God's work in His people. Especially with the unique structure of studying the books of the prophets followed by Paul's letters. I feel as if we were with the Israelites when God sent the prophets to warn or call his people to turnback to him, repeatedly showing miracles and exclaiming prophesies but to no avail. They continue to sin, repent only when they suffer judgement and punishment from God and then repeat the cycle all over again. Despite our fallen nature and the hopelessness of the situation we often find ourselves in, God always give us a glimmer of hope. A remnant of faithful in Israel was preserved by the grace of Gods and from that remnant Jesus came to redeem us.

From Paul's letters, we learnt how

we are now able to participate in an active relationship with God through his amazing grace. The change from God showing his will through prophets, to us being able to understand his will through the Holy Spirit. And because of the redeeming work of Christ Jesus, we are no longer justified by keeping the laws but do so as a response to the unconditional love of God.

In first and second Thessalonians, Paul taught about what the application and impact of following Jesus will have in our lives. We should always be ready and in a state of active waiting for the second coming of Christ, as we don't know when this will happen. We should be active in encouraging our brothers and sisters to grow in Christ-likeness. In all our work and relationships, we should always do so in ways that will bring glory to God. Lastly, Pual's endurance and thankful attitude in facing persecutions is an example of how we should view our sufferings. His encouragement for us to grow in faith even

in sufferings, and his life journey is the best testimony of a life fully dedicated to spreading the gospel!

Ye WenXiong



My heart was deeply moved by God's words through Paul as we studied the book of Romans. I am reminded that God's plan of redemption for us is centred around a relationship of trusting love - faith, instead of law keeping. The law is there to make known our sins, but we are not justified by it. We can only be saved by grace through faith, and standing in God's grace I learnt to believe and to be loved while I am unworthy. What a simple yet awesome gift God has given to us, that we simply need to have faith and turn to Him to be saved. We have been made right with God and have died to sin. Before we were dead in sin, now we are dead to sin. God has set us free!

With the new life we have in Christ. the Holy Spirit empowers us to overcome sin. We cannot live the way God wants us to on our own, we need His grace every moment and need to be continually reformed and renewed spiritually by Him. I am encouraged to actively choose to leave my old ways behind, and to walk with Christ, I want to live a transformed life. As God works both in us and through us, we make Jesus visible in our lives through the way we live and serve; people see Him when they interact with us. I hope that I will continually grow and learn to live in a way that is pleasing to God. To have that total change of heart, to grow in the love of



God for people and be community-serving instead of self-serving. I have learnt to be different from the world, and to work towards living a sacrificial life obedient to Christ.

Above all. I have learnt to want to live a life filled with love for God and with God's love for others. This is something so difficult to do in a self-indulgent, egocentric world! But God has first loved us, and my life has once again been touched by His goodness through these lessons. How can I not let others know of this love that has saved all of us? How can I judge others if Christ is all in all and each one of us is so dearly held in regard by Him? As love fulfils and encompasses all of Christian living, may I grow to have that longsuffering and patient love towards others in my actions and words, even through difficult circumstances in life!

Ngoi Lu Sin

★ 紫本《门徒》 ★



在 这9个月的门徒旅途里,我不是自己研读上帝的话语;每周的聚集,我

们在班上也彼此学习,从不同的角度 来探讨上帝奇妙的作为。我很感恩在 这门徒班中有我从红本《门徒》一路 同行的好友们,也有在信仰上比较成 熟的弟兄姐妹,大家彼此学习,彼此 鼓励。

"紧记你们是谁"是紫本《门徒》的主题。在每周的学习中,都会探讨不同的书卷,《耶利米书》是我获益不浅的其中一本书。当时以色列子民离弃神、忘了上帝是如何把他们从法老手中拯救出来,反而去敬拜外邦神。 所以上帝使用耶利米先知来警告上帝的审判将会降临在他们身上。

从《耶利米书》我学习到以下三 项功课:

- 如果我们没有扎根在上帝的话语上,不管上帝彰显祂自己多少次或拯救我们多少次,我们都会渐渐地离弃上帝。
- **2**上帝对人的爱是永不改变的;即 使以色列子民离弃上帝,选择祭 拜外邦神,上帝的怜悯都会给以色列 百姓回转的机会。
- 3当上帝呼召使用耶利米先知的时候,他还未成年,是最年轻的一位先知。当上帝要使用谁时,祂就会使用谁;上帝会使用不完美的人,来完成祂的工作。因此当上帝要使用我们时,我们应该信靠祂,祂会因着我们的不足而加添能力给我们,使我们能为祂成就大事。

黎俊宏



在 紫本《门徒》课程的前半段,我们研读了圣经里的先知书,其中第三堂课的《阿摩司书》让我印象深刻。透过读经和课本的辅助,以及每周聚集与同学们的讨论和成怡老师的讲解之下,我从《阿摩司书》里获得了许多反思、被提醒的机会。

阿摩司是主前8世纪犹大国的先知。他本是一名牧人,但他愿意顺服上帝的选召,负起上帝赐予他的任务。当时在北部的以色列国经济繁荣,人民过着富裕但罪恶糜烂、自满的生活。阿摩司不仅在犹大国说预言,他更往以色列国传递了"以色列国即将以最悲壮的方式灭亡,你们应当悔改"的信息;这绝非容易的事情,所要背负的压力想必非常之大。

透过阿摩司和以色列人民的强烈对比和反差,我看到了阿摩司谦卑顺服的心,也看到以色列百姓即便接受了阿摩司的预言也丝毫没有悔改之心的狂妄自大。对以色列人而言,他们的富贵荣华就是一切,他们不觉得自己需要上帝,因为他们由衷地认为自己就是"天选之人"。这不禁让我审视自己,是否也曾因为自己是"第二代、从小在教会长大的基督徒"而表现出自满、怠惰的态度?在网路普及的世代,社交媒体充斥着许多与我们的信仰完全相反的价值观,我们该如何"保守自己的心、胜过保守一切",不受外在的影响,提醒自己要时时刻刻谦卑自己,并像阿摩司一样聆听上帝想要对我们说的话,并赋予实际的行动?

这一切都看似不易,但愿我们能够不断地学习活出基督的样式。

林毅勇

↑《门徒》课程完成篇 十







你们若常常遵守我的道, 就真是我的门徒。 (约翰福音8:31)



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