

牧者的话
吴丽真牧师

活出 信仰

“我实在告诉你们，这些事你们做在我弟兄中一个最小的身上，
就是做在我的身上了”（马太福音25:40）

这句话是主耶稣在“绵羊山羊比喻”中强烈表达祂对我们的期许。到底“这些事”是指哪些事呢？就是我们对待他人的行动：在他饿的时候，给他吃；在他渴的时候，给他喝；他漂泊时，给他住；他赤身露体时，给他穿；他患病时，看顾他……（参阅马太福音25:35-36），把他们的难处看作是我们的难处，把他们的需要看作是我们的需要，与他们感同身受。

主耶稣要我们做的不是什么轰轰烈烈的大事，祂希望我们对于周围有需要的人能够付出多一点爱，帮补一些生活上有缺乏的人，顾念一些有疾病缠身的人，探望那些身陷痛苦、无助无力者……，做一些我们力所能及的事。

主耶稣说当我们这样对待弟兄中一个最小的（最不显眼的、最容易被人忽略的、最不重要的、最叫人不在意的），就是做在祂的身上。

主耶稣不是高高在上或是藏匿在宇宙中某一个隐秘处，而是身处在我们当中。当我们陷入混乱、困苦和忧伤时，祂就在那里；祂也在我们的邻舍群，在所有需要的人当中。当我们看见软弱者，看见忧伤的人，看见小孩子，看见需要你施予援手的任何人时，就是看见了主耶稣，想想你会如何反应？

孙宝玲博士说：“福音不仅是印刷在纸张上的文字或教义，更是刻写在我们生命上的印记和面容上。”

主爱的基督门徒啊，你我扮演着独特的角色，当我们向世界宣称我们所信仰的上帝是极其伟大，怜悯和充满爱心的救赎主，那么，我们就有责任以实际的行动来活出我们的信仰，让人们从我们的身上看见基督的爱和怜悯。

主耶稣舍己牺牲自己的生命救赎我们，赐给我们那丰盛的恩典。祂要拯救我们脱离那些一直纠缠在自我的需要中，自己物欲世界里的人。祂希望我们开阔我们的生命领域，跳出自我的舒适生活圈。愿我们“目中有人”，看见别人的需要，顾及他人的感受，正如使徒保罗劝导我们说：“我们不要单顾自己的事，也要顾别人的事”。

下次当你看见一些有需要的人，不要轻易让“他”擦身而过，想想可以为“他”做些什么？

主耶稣说：“我实在告诉你们，这些事你们做在我弟兄中一个最小的身上，就是做在我的身上了”，主的心愿就是要我们彼此相顾，以爱祂的心态和方式来对待我们身旁的每一个人，真心扶持，怜悯相待！

迈向年轻化的教会

—2026年策略与重点事工



根据联合国的定义，当一个国家65岁及以上的人口比例超过21%时，即迈入“超老龄社会”；新加坡预计在2026年迈入这一门槛，成为一个超老龄化国家。2022年开始，宏茂桥堂每三位会友中，就有两位是55岁及以上；每两位会友中，就有一位是65岁及以上；也就是说本堂有近50%的会众年龄在65岁及以上，因此宏茂桥堂已经成为一个名副其实的“超老龄教会”。

教会老龄化是一个无法改变的趋势，但是教会不应该成为一个老化、死气沉沉的教会。面对这个既成的事实，牧者同工和执事们恳切祷告，**2023年共同确定了宏茂桥堂的重要愿景“建立年轻化的教会”。**

2024年，我们提出**“建造年轻化的家园”**，拟定了以下三方面的策略：

- 一、策划和落实“年轻化”的乐龄事工
- 二、营造适合年轻人的教会环境和氛围
- 三、塑造代代传承信仰的教会

2025年，我们以**“同心建造我们的家园—宏茂桥堂”**为主要方向，从以下三方面着手：

一、教会是我家：我们要不断地建立弟兄姐妹之间深厚亲密的关系。通过立约小组事工建立小组的凝聚力，小组就像个“小家庭”，组员彼此相爱、彼此关怀、彼此扶持，就像家人一样。

二、带一育一：加强弟兄姐妹领人到耶稣基督面前的心志，不论得时不得时都要积极传福音；也鼓励弟兄姐妹塑造耶稣基督的门徒，成为塑造门徒的门徒。

三、年轻化的教会：开展年轻化的乐龄事工和打造适合年轻人的教会环境，吸引年轻人加入教会。

2026年，我们将专注在以下两个重点事工：

一、“年轻乐龄”事工：到了2030年，将有四分之一的国人年满65岁或以上。未来教会中，“年轻乐龄”（55-70岁）群体将成为人数最多，也必将是教会中最具影响力的核心人群之一。

事工的必要性：

“年轻乐龄”通常仍保持身心健康、充满活力。他们拥有更高的教育程度、更充足的资源，以及多年在职场、家庭和侍奉上积累的宝贵经验。然而，随着工作与家庭责任的减少，他们需要重新定位一个更有意义和目的的生活。若缺乏属灵引导与牧养，他们可能迷失方向，甚至逐渐脱离教会，导致属灵生命的停滞；开展

“年轻乐龄”事工能激励这一群体更有果效、更积极地投入教会的崇拜、聚会、活动和服侍。

事工的目标：

- 重建“年轻乐龄”的使命感与生命方向；
- 装备这一群体成为年轻一代长远的属灵传承（Mentorship）者。

一个健康且有使命感的年轻乐龄群体，将能为教会带来持续的活力与动能，成为积极服侍教会的主力军，而不仅仅是坐在崇拜席中的“出席者”。

二、“第三堂崇拜”事工：

营造一个吸引青少年和年轻家庭的氛围，让教会成为他们信仰成长、委身扎根，并将身边朋友带进来的温馨属灵家园。

事工的必要性：

开展一个以年轻人和年轻家庭为主第三堂崇拜，是迈向“年轻化教会”不可或缺的重要且急迫的事工。第三堂崇拜的意义，绝非仅仅是崇拜方式或时间上的调整，它更是一个为年轻人和年轻新朋友量身打造的聚会，帮助他们在这“新的空间”——一个更贴近他们生活节奏与文化的氛围中敬拜神、遇见神。

事工的目标：

- 深化关系：帮助年轻基督徒与神建立更亲密的关系，也与肢体建立相爱的团契；这样的属灵氛围和亲密连结，能使宏茂桥堂焕发朝气和活力。

- 发掘与装备：藉着新事工，发掘年轻一代的恩赐，并加以装备培育，使他们在服侍中经历神，灵命扎根成长，成为教会未来的生力军。

教会在去年9月和10月曾进行为期六周的第三堂崇拜试跑，时间是在主日下午两点。虽然出席人数未臻理想，侍奉人员的调配及教会原本事工的调整等方面都遇到了挑战，但教会深信第三堂崇拜是神赐予我们的托付，我们将做详细的评估和充分的准备，凭着信心迈出改变的步伐，在2026年下半年正式启动第三堂崇拜。

教会从来不是为了维持舒适安逸，而是为了完成神交托的使命；我们需走出熟悉的舒适圈和习惯的模式。在推动教会年轻化和启动第三堂崇拜的关键时刻，盼望较为成熟的弟兄姐妹能以爱与牺牲的精神成全年轻一代，为年轻一代生命的成长，做出必要的调整和付出。这正是神对我们的邀请——邀请我们在信心里学习顺服与更新。

后记：代祷与呼吁

弟兄姐妹们！我们需要以信心回应上帝的呼召，愿意为神的国度做出改变和牺牲。让我们愿意为下一代付出代价，使我们的信仰能代代传承、在宏茂桥社区中成为神的灯塔。恳请弟兄姐妹在祷告中记念以上两项事工。

让我们同心合意地建造神家，与神同心同行，迈向年轻化的教会！



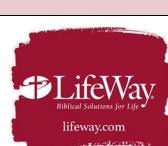
罗继斌



2026年信仰培育与门训课程

培训委员会与堂会学校旨在培育会友掌握圣经知识，并且竭力遵照圣经的教训，活出并实践真理，爱神爱人，并带领人信主，在基督里活出丰盛的生命，点燃自己，也照亮身边的人。

以下是2026年各级主日学及成年晚间课程的课题及时间表：

组别	幼稚和儿童级	儿少级	
年龄	3岁至4岁	小五至小六	中一至中四
上课时间	11am-12:30pm	9:15am-10:30am	
教材	圣经天地		

组别	成年/乐龄
年龄	35岁或以上
上课时间	11am-12:30pm
教材	待定

组别	初信班
年龄	决志者
上课时间	11am-12:30pm
教材	顶峰课程 《扎根永恒》 

晚间线上讲座

日期	课题	讲员
1月	人生下半场	张小芳博士
3月	以赛亚书40-66章	黄幼莲牧师
4月	洛桑世界福音会议与宣教趋势	李传颂牧师
5月	尼希米记	张学敬博士
7月	宣教的动力	3-4位宣教士
8月	崇拜礼仪：天国期	张振忠荣誉会督
9月	职场挑战面面观	廖洁娴博士
10月	经卷	待定
11月	经卷	待定

《红本门徒》课程



34课

英文授课
主日实体课程

导师：黄敬权牧师、
魏履馨、林毅勇

3月
开课

《绿本门徒》课程



3月
开课

32课

周二晚上
实体课程
导师：魏忠灵、关家琪

聆听 灵听

2025 静修会感言

今年是我第一次参加静修会。整个活动以泰泽敬拜开始，虽简单、安静，却很快让人放下心里的杂念。

来到碧山公园，我在湖边的阶梯坐下，看着平静的湖水和倒影，其中的柳树，颜色柔和得像一幅画。然而奇怪的是：明明是正午，烈日当头，超级怕热的我竟然不觉得晒，反而感到凉风一阵一阵，我的心瞬间轻松了许多。

正当我写下自己的感受时，一束阳光突然照在我身上。我明明坐在树荫下，却还是被光精准地照到。换了另一个位置，同样的情况又发生了。那一刻，我忽然想起刚刚默念的经文“**耶稣从约旦河里上来，就看见天裂了，圣灵仿佛鸽子降在祂身上。又有声音从天上来，说‘祢是我的爱子，我喜爱你。’**”（马可福音1:9-11）我心里顿时涌出一股暖流，仿佛上帝借着那束光对我说：“凯淇，你是我的爱子，我喜爱你。”

当我收到一张写着“**你会忘记苦楚……你的人生将比正午更光明。**”（约伯记11:16-17）的福音卡片时，我知道：这是上帝再一次对我说话，叫我不要为未来担忧。

这次静修会，让我体验到久违的宁静、平安和心灵的疗愈。同时提醒我：在忙碌的日常里，我更需要学会安静，好好聆听—灵听上帝温柔的声音。-雷凯淇



静修日终于到了，我提前安排好家里的事务，匆匆赶往会场。一路上心里仍有疑问：这次静修，我真的会有所收获吗？

当我踏进静修室的那一刻，眼前的景象让我震撼：桌上燃烧的蜡烛散发着温暖的光，油画中圣父、圣子与圣灵的形象，仿佛在静静传递神圣的爱与恩典，轻柔的音乐在空气中流淌，瞬间让我安静下来。每一首诗歌、每一段经文、每一句祷告，都由浅入深，仿佛牵引着我和身边的弟兄姐妹，一步步走近主，聆听祂的声音。

随后，我们来到鸟语花香的公园，享受与主独处的时光。坐在绿荫下，微风拂面，鸟儿在枝头歌唱，我心中充满感叹：天父的创造何等奇妙！而我在这浩瀚宇宙中是如此渺小！却又如此宝贵！因为我是天父所喜悦的孩子。

我开始反思自己近期的焦虑与疲惫，感到不自信、无助。然而就在此刻，我仿佛听见主对我说：“你是我所喜悦的孩子。不自信没有关系，只要信靠我，持守坚定的信念，这就足够了。”我的眼泪不由自主地流下。主听见了我的祷告，回应了我的软弱。那一刻，我感到肩上的重担被卸下，心中充满平安与喜乐。

回家的路上，我的脚步轻盈，嘴角带着微笑，不自觉地哼起诗歌。我感恩这次静修的时光，感谢这难得的机会，让我与主的距离又近了一步。-李玉婷





五年前，我们一家踏上了T国的宣教旅程。这片土地曾是使徒和早期教会领袖走过的福音热土，如今却成了穆斯林占比超过百分之九十九的国度。福音资源极其贫乏，全国不到百分之零点零五的人是基督徒。许多人一生从未听过福音，信主的弟兄姐妹常常面对来自家族和社区的巨大压力与排挤。然而，就是在这样的属灵荒漠中，**上帝正在兴起属祂的门徒和教会！**

我们的服侍分为两方面：

1. 个人事工：我们积极主动地与当地人建立真挚的友谊，在英语俱乐部等平台上，通过生活与口传福音，见证基督的爱。每年都有十多人因着这样的事工信主并受洗。我们深信，生活本身可以成为一篇讲章。

2. 领袖策略事工：我们深信领袖群体是影响文化与社会的关键，把他们带入上帝国度的使命中，能够加速并深化全球福音运动。若职场、商业、艺术、教育、教会等领域中有影响力的人被福音更新、践行圣经真理，从而带动整个民族在信仰上的转化。因此，我们委身于得着、装备、动员本地领袖，建造他们成为有福音使命感、能倍增门徒、兴起属灵复兴运动的仆人领袖，以协助完成大使命。

我们并不是在建造某个差会或宣教机构的事工，而是与各个当地教会紧密合作，协助教会觅得社会中有影响力的人，塑造他们成为以基督为中心、顺服圣灵带领、心怀大使命的属灵领袖。

这一路，**上帝**炼净了我们的生命，使我们学习降服与成全上帝的旨意，让我们明白：宣教，是活出一份看似软弱，却满有能力的爱。宣教不是去做领袖，而是去做仆人；不是去“建立自己的事工”，而是成全当地人和当地教会，与他们一同流泪、同得盼望。

在T国主要的城市里，上帝正在以祂奇妙的方式打开人心，让成倍的人群涌入大大小小的布道会。也有一群本地的弟兄姐妹，他们曾是穆斯林，如今因异梦异象归主，忍受排挤，甚至甘心冒着生命危险，在他们的社区中为主作见证、建立教会！人们心中对基督信仰的敌视、误解与冷漠，也因着基督信仰群体的美好见证而逐渐被化解。

亲爱的弟兄姐妹们，T国是**上帝从未忘记的土地**！在这片看似不可能的地方，**上帝正在成就奇妙的新事！**愿你与我们一同祷告、守望、支持与参与上帝国度的工作！



研读圣经作主门徒 2025《红本》

通过课程，我学习了如何在每一天更深入地、持之以恒地研读圣经。我认识到所学习的真理不仅仅是头脑里的知识，更是灵命成长的根基，需要不断地追求和实践。

课程里四福音书的教导，挑战我、催促我要将所学的化为行动，积极地去参与大使命。我认识到基督徒的生命不是安逸享受，而是要时刻警醒，每日行善，活出基督的样式。真正的信仰必须体现在日常的生活中，每天要花时间，付代价，读经、祷告和参与主日崇拜及教会聚会。我立志将课程中的教导融入我的家庭和人际关系中，活出爱神爱人的生命。

陈友华



周志勇

学口贝
感恩
言

我印象最深刻的是研读《约伯记》这堂课。在上这一课时，我们要扮演经文中的角色，融入感情将经文念出来。我当时的角色是约伯的朋友，那理直气壮的语气对我来说是轻而易举的，因为我觉得是对的，为何不可大声说出来呢？可是深入了解《约伯记》后，我才理解到这不是上帝所要的。祂要的是我们完全的顺服，而不是我们持着所谓的正义感去批判人。同时我也学习到谦卑的功课，要放下身段去理解他人的处境与困难。我可能帮不了忙，但或许对方要的只是聆听的耳朵，以及他人的同理心。

我很高兴能够参加这个课程，我们人数虽少，但大家都很认真地上课。老师、同学们彼此间也能够坦诚交流与分享。希望大家结业后在属灵上有更大的长进和领悟，成为主忠心的门徒。

刘美金



右一：陈友华；左二：刘美金

我很感恩能够在课程中再次经历上帝话语的喂养。透过每一课的查考，我更深体会到门徒训练不只是知识的积累，而是生命真实的改变。耶稣呼召我们做门徒，不只是跟随祂，更是要在生活中活出祂的样式。

在这段时间里，我学习到如何更专注地亲近上帝，也被提醒要在日常生活中结出果子，成为别人的祝福。虽然前路仍有挑战，但我相信上帝的恩典够用，祂必带领。但愿我们结业后仍然愿意继续跟随主，被主塑造。让我们靠主加油，彼此扶持，直到见主面的日子。

周志勇

从道到心 培灵会后的灵命省思

2025年培灵会的主题是《上帝的道与人心》，由林德平牧师（博士）证道。林牧师以三段经文来培养参与者的心灵，这三段经文分别来自尼西米记8:5-12及提摩太前书1:3-6和6:3-11。

在讲道一开始，林牧师就向培灵会参与者提出几个问题：上帝喜欢用葡萄树来形容人，那我们心中的葡萄树是否还开花结果？还是已渐渐凋零？我们是用什么养料来滋润我们的心？他说，若我们是以与人建立美好关系和参与活动来润养我们的心灵，那么信徒无需来教会。最后一个问题，更让我反思自己是否也在无意中把参与教会崇拜和聚会的主要目的：聆听和接受上帝的话语，渐渐视为次要，或被其他事物所取代。



林牧师提及上帝可以透过主日崇拜的每一个环节对我们说话，包括诗歌敬拜、祷告、读经等等。是的，上帝的话语不只限于在牧者讲道时才传达给祂的信徒。从会前祷告、宣召开始，上帝的话语已经临到。根据我过去四十年参加主日崇拜所见，许多基督徒在祷告后默默擦眼泪，在诗歌赞美与敬拜时因心灵被触动而有感性的表达，如提高声量地歌唱、手舞足蹈；也有的因感动或忏悔而哭泣。上帝的话语透过祷告、敬拜赞美和崇拜中的各各环节进入人的心，滋养我们的属灵生命。

林牧师讲到尼西米记第八章记载的是以色列民被掳归回后的第一次众民聚会。以色列人怀着敬畏的心，来到水门前宽阔的地方，请祭司文士以斯拉宣读耶和华藉着摩西传给以色列人的律法。当十多位利未人向以色列民清楚讲明上帝的律法后，以色列民悲哀哭泣。哭泣是心的软化，因了解了律法而为他们自己以及民族和国家之前的行为而后悔。以色列民在哭泣悔悟后，将自己的食物分给缺乏的人；在随后的日子里也继续主动集聚，一起禁食，公开承认自己和祖先的罪，持续留心学习上帝的律法。这是真实悔改的记号。林牧师提及上帝不是要以色列民表面的敬拜，而是要他们内在生命真实的悔改。相同的信息也临到我和所有的基督徒身上：我们是否真实地悔改？我们在哪一方面仍然没有活出耶稣基督的样式？我们的坏习惯是否有改掉？还是我们虽然早已走偏，却迟迟不愿回转？只要你愿意改变，圣灵必会赐予力量帮助你。

亲爱的兄弟啊，不要效法恶，只要效法善。行善的属乎上帝。行恶的未曾见过上帝。
(约翰三书1:11)

曾淑敏

同心同行

Sync Together, Grow Forever

教会是我家
My Church, My Home

腓立比书 2:2

“你们要意念相同，爱心相同，有一样的心思，有一样的意念。”

今年是教会立会四十三周年，回首往昔，我们满心感谢上帝。因为每一步的脚踪都印着祂的恩典，也凝聚着弟兄姐妹同心的努力。从最初人数不多、聚会简朴，到如今事工逐步发展，这一路都彰显了上帝奇妙的作为。

“同心同行”是我们回顾与前行的信念。

“同心”，并不是意见完全一致，而是心向着同一位主。教会是一群蒙恩的罪人，难免存在差异，但当我们以基督为中心，就能彼此接纳、互相成全，让合一成为教会最美的见证。

“同行”，提醒我们信仰的路不是独行的路。传道书说：“二人总比一人好。”在侍奉中，我们彼此扶持；在困难中，我们互相代祷；在喜乐中，我们同声赞美。教会的力量，不在于建筑的宏伟，而在于信徒间真诚的同行与相爱。

这四十三年来，上帝使用不同的人成就祂的旨意。今天，我们承接这属灵产业，也当以谦卑与信心回应呼召。前面的道路或许仍有挑战，但若继续“同心同行”，必经历更丰盛的恩典与更荣耀的果效。



愿主赐我们合一的心志，使教会在真理中扎根，在爱中建造，在使命中前行，直到上帝再来。阿们！

姚神恩传道



由《启发》

我64岁才参加《启发》课程，也是第一次真正认识耶稣基督。起初，我怀疑自己的理解能力，但透过视频的教学，我更了解耶稣基督。感谢姐妹向我介绍《启发》课程，让我认识上帝与我同在。我特别被上帝为我们舍命的救恩触动，那一刻我明白：不论年纪多大，上帝都在呼召我们认识祂、经历祂的同在与平安。我过去的空虚和迷茫，开始被祂的爱填满，心里充满盼望和喜乐。

我也很感恩弟兄姐妹一起学习、分享和祷告。虽然课程结束了，但这只是新的开始。我愿意继续寻求上帝，生命被祂更新，也把这份盼望分享给身边的人。

潘美蓉



潘美蓉

我非常享受在《启发》课程中那种轻松、简单又温馨的小组分享，以及一起共进晚餐时的团契。课程的视频清晰易懂。起初，我对圣灵的存在还抱有怀疑，但现在我真心相信，是上帝差遣圣灵，每日牵引我们与祂同行。我也很感恩在这里结交了新的朋友，并由衷感谢所有组长和同工们在过去十二周里付出的时间与心力。

Jazz Goh

参加《启发》课程的这段时间，就像给自己的心灵安排了一次“安静的对话”。每一堂课不仅是知识的输入，更引发我对信仰与人生等未解之谜的思索。十二周不算长，但留下的思考会持续展开。我学会了更真诚地向内聆听，也开始尝试把“信仰”带入日常的点滴而不仅仅停留在教会或课程中。小组里彼此真诚的分享，用餐时的笑声，以及讨论中不同观点的碰撞，常常带来意想不到的启发，让我受益匪浅。这段时间与大家共同创造的美好回忆，将成为我继续寻求上帝的动力。

杨维康

在《启发》课程中播放的视频浅显易懂，内容也很贴近生活，对我这样完全没有基督教背景的人来说，非常友好。小组讨论更是让我受益良多，大家都愿意分享自己与上帝的个人经历，也提出了许多关于如何更亲近祂的想法。

总体来说，《启发》课程对我而言是一段非常有意义的旅程。整个课程不仅帮助我更深入地认识基督信仰，也让我在轻松自在的氛围中认识新朋友，与大家建立了珍贵的连结。我也非常感激组长们的付出——他们不仅认真准备讨论内容，还贴心地为我们预备了可口的食物，让整个过程充满温暖。

苏伟胜

而来的启发

首先，感谢Mabel郑美宝的邀请，让我再次回到主的家中，感受到教会里弟兄姐妹们的关心与爱，也让我重新找回了过去在教会与大家一同敬拜赞美的喜乐。起初我对这个课程并没有抱太大期望，我心想自己信主这么久了，还能学到什么呢？在参加《启发》课程之前，我对主耶稣仍然有些困惑和疑问。直到第一天观看视频时，我才意识到自己对耶稣的认识并不算深入，每周五的视频让我能从另一个角度更加认识主耶稣，看到祂更多的见证。在视频后的小组分享时间里，大家都积极分享自己的经历，在这里特别要感谢Don、Ryan林启林和Jazz，每一次的见证与人生体会都带给我启发和教导。非常感恩这次能与大家一同探讨并亲近主耶稣，也盼望未来还能在教会中再次与大家相聚。

Desmond 雷明诚



何东方, 张蕾

从《启发》课程第一堂课开始，我们就被视频里精美的画面、内容的丰富有趣深深地吸引住了。每一堂课的视频都是精心编排的，有科学考古，有历史故事，还有现实生活以及触动我们心灵深处的那活生生的见证。

视频里的每一个见证都能与我们产生共鸣，直击心灵深处。正如见证者的信仰经历一样，无论人生经历怎样的高低起伏。只要我们亲近主、求告主、恒切地祷告主，我们的生命就会转变。正如约翰福音3:16所说：上帝爱世人，甚至把祂的独生子赐给他们，叫一切信祂的，不至灭亡，反得永生。

通过《启发》课程，我们的信仰被坚固。耶稣基督就是上帝的爱子、我们的救主。圣经是上帝所默示的，对我们的生命有着非常丰富、非常清楚的教导，正如约翰福音10:10所说：“...，我来了，是要叫人得生命，并且得的更丰盛。”

我们找到了上帝，更确切的说是我们被上帝找到了。你呢？快来参加《启发》吧！

何东方, 张蕾



前排中：Jazz Goh 后排左一至三：雷明城、杨维康、苏伟胜

《基督里的良伴》学员

结业感言



我很感恩有这个机会与一班良伴们在基督里一起学习，在灵命上被塑造和更新。通过组长和良伴们虔诚分享他们在生活中如何经历上帝的同在，都激励和提醒我。让我印象深刻的是“深化祷告”这个单元，如何运用各种类别和形式的祷告，让我深入地了解和认识怎样处理祷告的障碍。-曾金玉

感谢上帝让我们在《基督里的良伴》课程中相聚，感谢上帝让我在这里体验一场温馨又和谐的学习旅程。借助课程内容以及组长和组员们分享的学习心得，让我的灵性得到丰盛的滋养和升华。期间也让我品尝到各位良伴准备的爱心糕点和水果。感谢良伴们！感谢主的眷顾与赐福！感谢圣灵的引领！荣耀归给我们的上帝！-杨雪环

我们透过讨论和实践，分享生活起伏，理解上帝的话语，以爱心彼此扶持。课程让我看见上帝在不同生命中的奇妙作为，也暂时远离世界喧嚣，真心与主相遇。每次聚会都带来感动启发，这份美好团契让我们属灵生命更加丰盛！-卢家兰

在信仰的旅程中，我深深体会到在基督里能得着真正的平安与力量。通过《基督里的良伴》课程，我慢慢学会了在主面前全然敞开心扉，与弟兄姐妹彼此扶持、同心祷告。在学习中，我更坚定地相信主的恩典够我用。我愿将生命的每一步交托给主。-任琪



自从有了孩子后，就没有机会好好地上主日学。直到今年，我下定决心报名上《基督里的良伴》课程。在第一次的献心礼上，我发现有很多良伴是我不熟悉的，但是我却深信上帝会藉着他们的生命故事来激励我、更新我、帮助我。带着几分的忐忑、既兴奋又期待的心情踏入这良伴的旅程。从最初几课的拘谨而羞涩的分享，到后期真诚且敞开心扉的交流，见证了良伴们之间的情谊，因相知而熟悉到深厚的情感浸润。上帝也常常藉着良伴们的分享，给我不同的看见与启发。相信我们的情谊不会因课程的结束而变淡，我们的旅程现在才真正开始！-叶怡美



每一次与组员的聚会、交流和分享，都是不同的经历，且能看到上帝在人、事、物之间所留下的恩典足迹。在二十八次的聚会里，不仅让我们学习放慢脚步，还从聆听组员的分享中，得到从上帝而来的鼓励、劝勉和肯定。在基督里，学习操练 *being rather than doing*，是让我们更贴近上帝的心意，明白祂在我们身上的旨意和使命。这不是在浪费时间，而是在夺回时间。在这二十八周体验性的交流中，我们或多或少都经历上帝的同在，降服于圣灵的引领，肯定我们的恩赐，立志更委身于信心社体里，发挥影响力，将爱与周遭的人分享。这是一个秘密花园：在园中你可以学习聆听、祷告、灵阅、明辨和审查，以致于你可以与上帝有更亲密的关系，也能遵照祂的话而行。阿们！-组长：魏忠灵

在《基督里的良伴》课程中，感谢主让我有良伴们的陪伴，一起通过不同单元来学习上帝的话语。透过每星期的功课，良伴们分享心得、彼此鼓励，并享用良伴们准备的美味茶点。印象深刻的呼吸式祷告，让我学习到一个亲近神的祷告方法。-廖翠诗

参加《良伴》课程，让我深刻体会信仰是与主同行的旅程。课程内容丰富实用，帮助我在上帝的话语中得力量，在祷告中亲近主，在团契中经历属灵成长，与组员们彼此分享、代祷。感谢主让我在基督里得造就，也成为别人的良伴。-陈志群

感谢主的恩典，让我有机会和另外的十一位弟兄姐妹一起走这八个月的属灵旅程，也让我能够带着一颗敞开的心来顺服圣灵的引领，一起来学习。弟兄姐妹们发自内心属灵经历的分享，让我们彼此受激励。感谢主！透过《基督里的良伴》课程，我们能够经历主丰盛的恩典和带领，阿们！-曾淑兰

《基督里的良伴》课程透过有趣的方式让我的灵命在基督的社体中被塑造。学习的内容包括了默想圣经的不同途径和探讨各类传统的默观式祷告。这些学习不但帮助我提升每天的灵修生活，也让我在个人和信心社体里，借着圣灵的引领和能力，活出与基督连接的生命。我印象最深刻的是“圣灵的恩赐”这个单元，这节课着重于辨明彼此的属灵恩赐，以便能更好的运用在我们的信仰生活里。我从中得到很大的激励，我要忠于圣灵所托付的，成为忠心又良善的好管家！《基督里的良伴》是一个互动性很强又轻松有趣的课程，让我们体验上帝的同在和信实。希望你也能亲身来体验！-组长：许殊婷

在《良伴》聚会中，我深深感受到圣灵的同在，尤其是在黑暗中点燃蜡烛、彼此祷告与分享的时刻。课堂上的“彼此洗脚”让我体会到主的谦卑与爱，激励我更主动地服侍他人。葡萄树的图像深深印在我心中，提醒我要常常连于主，结出属灵的果子。-吴秀琴 (Jenny Goh)



天国好像藏宝和寻珠

张学敬

圣经学者一般认为，“天国好像宝贝藏在地里”和“天国又好像买卖人寻找好珠子”这两个比喻的含义，是指天国乃是无价之宝，世人该如寻宝的人和买卖珍珠的人一样，愿意不惜代价来换取。这期分享，笔者尝试借这两个天国的比喻，与读者们从另外的角度探讨生命方面的议题。



生命的转变

耶稣说：“天国好像宝贝藏在地里，人遇见了就把它藏起来，欢欢喜喜地去变卖一切所有的，买这块地。”（马太福音13:44）

地是指世界，耶稣用自己无价的宝血把地买下来，好得到地里的宝贝，这宝贝就是教会。主耶稣不惜代价买赎世人，我们只要愿意相信祂，忏悔认罪求赦免，便可以得着新的生命。

渐渐成熟的新生命

耶稣接着说：“天国又好像买卖人寻找好珠子，遇见一颗重价的珠子，就去变卖他一切所有的，买了这颗珠子。”（马太福音13:45-46）

珍珠是经年累月而成的，教会在基督手里也是如此。珍珠的前身是异物，进入蚌内后得到持之以恒的包容、滋润，之后结晶、成型，起了质的变化。犹如珍珠的形成过程，信主的人生命经历蜕变，靠赖基督的买赎，生命得以由从污秽成为圣洁；不但如此，满是基督的爱的教会，让信徒在属灵生命的成长路上得到包容、滋润，在爱心的培育下渐渐成熟。

好珠子般的新生命

“求你用真理使他们成圣；你的道就是真理。”（约翰福音17:17）真理滋润各人的新生命。耶稣说：“我就是生命的粮。”（约翰福音6:48）。

信徒在新生命的成长路上要多读圣经，获取灵粮，得以健康成长；此外，在生活上无论是处于什么境况，若然能够实践真理的教导，其新生命必然越来越丰盛，其属灵品格也自然会呈现出如“好珠子”般的亮丽。

写在最后

藏宝和寻珠这两个比喻提醒我们，不要错过获取新生命的机会。愿各人在教会的灵命培育下生命渐渐成熟，最终能够呈现如亮丽“好珠子”般的丰盛生命。



厚底玻璃杯的提醒

——腓立比书 4:11, 19

王佩华

2025年6月24日，我参加了由吴丽真牧师带领的“组长安歇处”，主题是：属灵的操练“知足”。牧师引用一个装了半杯水的玻璃杯，要我们思想何为知足。而我却注意到，那只玻璃杯的底特别厚。

它不像一般的杯子那样轻巧透明，甚至显得有些笨重，却带给我一种说不出的安稳感。它不容易被碰倒，也不怕轻微的撞击。忽然，我心里浮现一个念头：这不就像一颗“知足的心”吗？

厚底的玻璃杯，虽不华丽，却稳固、耐

主处处看顾我

林惠淑

诗歌《天父必看顾》的副歌这么唱：“天父必看顾你，时时看顾，处处看顾……”，去年的复活节，我就经历了天父的“处处看顾”。

当天我一早就外出到下午四点多才拖着疲惫的身躯回到家。我决定先冲凉，然后躺在床上，边听《每日亲近神》边休息。于是，我随手拿了手机走进房间。当我在冲凉时，听到门口发出“碰”的巨大声响。冲好凉出来一看，原来刚才刮来的强风把房门吹得紧紧关上了，而我挂在门把上的裤子正好被夹在门缝中，我使劲转动门把，也拼命拉扯裤子，但都无济于事，房门仍然无法打开。

无奈之下，我只好致电民防部队请求协助。我也打电话给女儿，让她带大门的钥匙来开门，让民防部队能进入屋内。随后我向天父献上祷告便安心坐下来阅读《每日灵粮》静心等待。大约二十分钟后，我听到外孙的声音，原来女儿需要停车，就把钥匙交给孩子。民防部队随着我的外孙来到房门前，他们给了我两个选择：拆门或者强行撞门。

我说：“你们撞门吧！”结果就像电影场景一般，我听到“碰！碰！”的声响，房门被撞开，我脱困了！一阵强风加一条裤子，竟然可以让人陷入困境！

感谢天父，祂的恩典处处随行，凡事皆有祂美好的安排。若不是渴慕上帝的话语、想与祂亲近，我怎么会把手机带进房间？若没有手机，我怎能向外界求助？全知全能的上帝，祂早已知道我将要面对的困境，并为我预备了出路。我除了感恩、信靠之外，别无他路！感谢赞美主！



用，能承受日常生活的重复使用与摆放。而一颗知足的心，不也是如此吗？它不因环境的高低起伏而失去平安，也不会被欲望搅动，即使处在缺乏之中，依然能够喜乐与感恩。

保罗说：“我并不是因缺乏说这话，我无论在什么景况都可以知足，这是我已经学会了。”

（腓立比书4:11）知足，并不是天生就有的，而是“学”来的——是在日复一日的信靠中，慢慢沉淀下来的厚实。

我们的日子并不总是顺风顺水，有时也会经历缺乏、不确定或等待。但腓立比书4:19给了我

们极大的安慰：“**我的上帝必照祂荣耀的丰富，在基督耶稣里，使你们一切所需用的都充足。**”上帝从不迟延祂的供应，只是祂供应的方式，有时不像我们所期待的那样“轻巧”或“华丽”，却是最稳固、最合用的一——就如这只厚底杯子。

如今，每当我看到这只杯子，便提醒自己：不要追求浮华的满足，而要拥有一颗深深扎根于信靠中的知足心。愿我的生命，如这厚底玻璃杯，厚实、安稳，忠心承载上帝所赐的每一份恩典。

Live Out

The Faith

“I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!” (Matthew 25:40)

This statement is a powerful expression of the Lord Jesus' expectations of us in the Parable of the Sheep and the Goats. What exactly is "it"? It refers to our actions toward others: feeding the hungry, giving drink to the thirsty, sheltering the homeless, clothing the naked, caring for the sick... (see Matthew 25:35-36). We are to regard their hardships as our own, their needs as our own, and to empathise with them.

The Lord Jesus does not ask us to perform grand or spectacular deeds. He desires that we show more love to those in need around us. That is, to support those lacking daily necessities, to care for those afflicted by illness, to visit those who are suffering and helpless..., to do what we can within our means.

The Lord Jesus said that when we treat even the least of these brothers and sisters (those who are the most inconspicuous, the most easily overlooked, the least important, the least noticed), we are doing it to Him.

The Lord Jesus is not high and mighty or hidden away in some secret place in the universe. He is present among us. When we experience turmoil, distress, and sorrow, He is there; He is also in our neighbours and in all those who are in need. When you see the weak, the sorrowful, the children, or anyone who needs your help, those are examples of seeing the Lord Jesus. Think about how you would respond.

Dr. Sun Baoling stated: "The gospel is not merely

words printed on paper or a set of doctrines; it is the imprint and countenance etched upon our lives."

Beloved disciples of Christ, you and I each play a unique role. When we proclaim to the world that the God we believe in is an exceedingly great, merciful, and loving Redeemer, we bear the responsibility to live out our faith through concrete actions. Let people see the love and mercy of Christ reflected in us.

The Lord Jesus sacrificed His life to redeem us and has bestowed upon us abundant grace. He seeks to deliver us from the relentless entanglement of self-centered desires and materialistic pursuits. He desires us to broaden our horizons and break free from the confines of our comfortable existence. May we "see others," recognise their needs, and consider their feelings. Apostle Paul exhorted us: "Let us not merely look out for our own interests, but also for the interests of the others."

Next time you see someone in need, don't just let them pass by. Think about what you can do for them.

The Lord Jesus said, "I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!" The Lord's desire is for us to care for one another, treating everyone around us with the same heart and manner as we would treat Him—genuinely supporting and showing mercy to one another.

Ang Mo Kio Chinese Methodist Church

2026 Strategy and Key Ministries



According to the United Nations, when the proportion of a country's population aged 65 and above exceeds 21%, it enters a "super-aged society." Singapore will reach this threshold and become a "super-aged society" in 2026. Since 2022, 2 out of every 3 members at Ang Mo Kio Chinese Methodist Church (AMKCMC) are 55 or older, and 1 out of every 2 is 65 or older. This means almost half of our congregation is 65 or older, making AMKCMC a "super-aged church."

The aging trend in Singapore and, likewise in AMKCMC, is an irreversible trend. But **AMKCMC should not become stagnant or lifeless.** The pastoral staff and leaders prayed earnestly and sought guidance from God, and **in 2023, we established the vision: "Building a Youthful Church."**

The Strategic Roadmap

In 2024, we developed the **roadmap for AMKCMC - "Building Our Youthful Home"** with the following three strategies:

1. Develop the "young-at-heart" ministry for the young seniors
2. Create a church environment suitable for young adults.
3. Cultivate a church culture that passes down the Christian faith and values from generation to generation

In 2025, our primary goal is **"Building Our Home Together — Ang Mo Kio Chinese Methodist Church," (AMKCMC)** through the following three focused areas:

1. My Church My Home:

- We aim to continue **building deep personal and intimate relationships** among brothers and sisters. Through the **Cell Group (CG)** ministry, we will strengthen group cohesion and develop each CG to be like a "small family unit". The CG members will love, care for, and support one another just like family members.

2. Reach One Raise One

- We aim to strengthen the resolve of brothers and sisters to lead others to Jesus Christ and to actively share the Gospel "whether in season or out of season".
- We will also encourage members to nurture disciples of Jesus Christ, becoming the **Multipliers - "the disciples who make disciples."**

3. Youthful Church

- We will launch the **"young-at-heart" senior ministry** and create a **church environment suitable for the youth.** We aim to attract the younger generation to join our youthful church.

In 2026, we will focus on two key ministries:

I. The "Young-at-Heart" (Young-Senior) Ministry – By 2030, one in four Singaporeans will be 65 or older. The "Young-at-Heart" (ages 55–70) will be the largest and most influential core group in the church.

A. Motivation: This group is generally healthy, energetic, well-educated, and resourceful, with years of rich experience in the workplace and in their families. However, as the "young seniors" transition away from career and family responsibilities, they need to redefine a meaningful life. Without spiritual guidance, they may lose direction or drift away from the church or worse, the Christian faith. This ministry will encourage them to participate actively in worship and service in AMKCMC and be productive in their Christian faith.

B.Goals:

- i. Rebuilding a sense of mission and life direction in the "young seniors."
- ii. Equipping the "young seniors" to be mentors for spiritual inheritance to the younger generation.
- iii. A healthy and purpose-driven young senior ministry will continue to inject vitality and positive momentum into the church, thus, becoming a main driving force in AMKCMC instead of just mere "spectators" in the pews."

II. The "Third Worship Service" - Create an atmosphere and environment that attracts youth and young families, making the church a warm spiritual home where they can grow in faith, become deeply rooted and committed, and bring their friends.

A.Motivation: Launching the Third Worship Service focused on youth and young families is an indispensable, important, and urgent matter in our journey toward becoming a "youthful church." The significance of the Third Worship Service goes far beyond a mere adjustment of worship style or worship timing. The Third Worship Service is a gathering specifically designed for young people and new young seekers. It helps them worship and encounter God within this "new space"—an environment that resonates more closely with their lifestyle and culture.

B.Goals:

- i.Deepening Relationships: To help young Christians build a more intimate relationship with God and foster a loving fellowship with one another. Such a spiritual atmosphere and close-knit connection will allow AMKCMC to radiate new life and vitality.
- ii.Discovery and Equipping: To discover the talents and gifts of the younger generation and provide the training to equip them. This allows them to experience God through worship and service, become deeply rooted in their spiritual lives, and become a vibrant force of the church.

In September and October 2025, the church conducted a six-week pilot run for the Third Worship Service at 2:00PM on Sunday. The attendance did not meet our expectations, and we also met challenges concerning the scheduling and adjustment of the various programmes of the respective ministries. Regardless, AMKCMC is still firmly convinced that the Third Worship Service is a stewardship entrusted to us by God. In early 2026, we will conduct the necessary feedback and make thorough preparation to step out in faith and officially launch the Third Worship Service in the second half of 2026.

The church exists not for our own comfort, but to fulfill the mission entrusted to us by God. To answer His call, we must step out of our comfort zones and familiar lifestyles in faith. At this critical juncture of revitalizing our church and launching the Third Worship Service, we appeal to our mature brothers and sisters to support the younger generation with a spirit of love and sacrifice. By making the necessary adjustments and investing in their spiritual growth, we respond to God's invitation to obey Him wholeheartedly and be renewed through faith.

Closing Remarks

Brothers and sisters, we must respond to God's calling in faith; we must be willing to make changes and sacrifices for AMKCMC and for His Kingdom. Let us commit to investing in the next generation, ensuring our faith is passed down through generation to generation so that we remain a radiant beacon of God's light within the Ang Mo Kio community.

We earnestly ask all brothers and sisters to remember these two ministries in your prayers.

Let us build the house of God with one heart and one mind, walking in alignment with Him as we move toward becoming a revitalized and younger church!

George Loh



Reflections from "Under The Tree Of Life"



The Disciple 4 course has been quite a journey this year. Like all journeys, it has its ups and downs but through it all, I know the good Shepherd is always with me. My main reason for taking this course was to stay disciplined and accountable in reading the bible. I needed that structured study, people to walk alongside me, and also a safe space to share and discuss God's word. Despite struggling to stay consistent at times, I've been encouraged to keep trying. Reading the word not out of duty but out of a desire and love for God.

What I've appreciated most is the community within our class. The sharing, laughter, and even the funny answers made every session meaningful. I've been thankful too for the times when Chen Yi laoshi would pause and probe deeper, guiding us to think beyond the standard answers. She has taught me that discipleship is not just about knowledge but about transformation.

One question that left a deep impression on me was when laoshi asked, "How confident are you that your name is in the Book of Life?" Many of us hesitated. Yet she reminded us that through Jesus, our names are already written there. That truth changed how I view faith; it rests not on my certainty, but on Christ's finished work. This journey has reminded me that discipleship is a lifelong walk of discipline, grace, and community, where we keep returning to His Word and His heart. - **He Shihao**

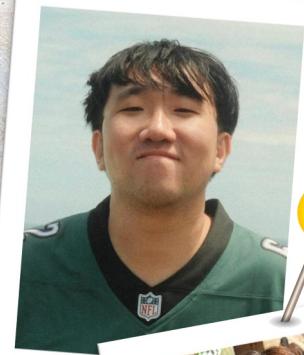
One of the questions I keep asking myself is: "How can I lead a life that I can face God when that day come?" This question has guided my spiritual journey, and the Discipleship course has been instrumental in helping me explore it deeply. It's not just a class—it's a transformative experience that brings clarity, conviction, and connection with God.

An important lesson I've learned is the importance of prioritising God above all else. In today's fast-paced world, it's easy to let our spiritual life slip into the background. But this course reminds us that while the spirit is willing, the flesh is often weak. It challenges us to make intentional choices to put God first to reflect our love for God and our desire to live according to His will.

Coming from a traditional Chinese family, love was rarely expressed openly—it was something felt deeply but kept within our hearts. Through the Discipleship journey, I've learned God's desire is for us to love one another just as how much God loves us. It's not an easy lesson, but one that I am still learning. The course has helped me understand that love is central to God's nature and to the life He calls us to live. Above all, I've come to understand and receive the greatest love of all—the love of Jesus Christ. His sacrifice, grace, and presence have transformed my heart and given me a new perspective on what it means to live a life that pleases God. This love is the foundation of everything we learn and experience in the Discipleship course.

The lessons have also taught me about rightful living—how to walk in integrity, humility, and obedience. It is not just about doing what is right in the eyes of others, but living in a way that honours God in every aspect of life. The weekly homework has been a challenge, but by the grace of God, it has always been completed. It's all about prioritising it. Each lesson is precious—an opportunity to know God's Word more deeply. As we count down the number of lessons left, I begin to treasure the lessons. I am blessed to have great teacher and classmates who make learning fun in class. The class is a safe space to ask questions and to speak our minds.

I strongly encourage you to join the class if you are seeking a more structured way to grow spiritually, to understand God more deeply, and to live a life that reflects His truth and love. - **Irene Chua Mui Lee**



“Lukewarm” was the word that stood out to me most, especially in the past one to two months or so, as our class was focusing mainly on the book of Revelation. The image of being neither hot nor cold – just comfortable – hit close to home, because that’s exactly how I’ve been living my life lately. There were many books and lessons that we read and heard week in and week out – honestly, I cannot remember most of the details. But what I do remember are the heart-tugging, in-your-face questions that Chern Yi laoshi always asks. The kind that digs deeper into the “why” behind the lifestyle choices we make. “Why aren’t we giving God our best? What’s holding us back? Why do we want to stay lukewarm when we know that that’s not what pleases God?”



Many of us have grown up knowing the faith all our lives, especially those nearer to my age. We know the gospel message, we are familiar with most of the Bible characters, and we know the right things to say. Yet time and time again, we find ourselves giving just the bare minimum – being Sunday Christians whose daily focus revolves more around our own lives and desires. Hence, in class, I find myself always pulled back to the uncomfortable place of honesty, where I had to confront the way I live.

When I was younger, following God felt easier. There wasn’t much to lose – maybe just a weekend, several hangouts with other friends, and some hours of sleep. I remember serving week after week for almost a decade, and it was something natural for me to do. Jesus asks, and I give, simple as that. Yet as I grow older, life gets louder and messier. Responsibilities, fears, expectations, life’s desires – all shouting for attention at the same time. And suddenly, faith feels harder to live out. It’s an open struggle, one that I don’t

always know how to manage. How do I live as a Christian in the midst of all these things? What does loving and having faith look like now, in my adulthood?

To be honest, I don’t have all the answers yet, and I’m still figuring it out. But one thing I know – God’s love for me hasn’t changed, and neither has His call ‘to love Him and to love His people’. I hope this knowledge I have about Him will move me to live out my faith, and to remember the Creator of my youth. -

Crystal Soo En Ting

God is quite amazing to me in this journey of ‘Under the Tree of Life’ Discipleship class. In the weekly themes, God would engineer something in my life that gives me a chance to apply those themes in my everyday circumstances. I couldn’t help but notice God’s hands in the tiny details of my life, and how He would speak to me in a timely and applicable way to put it into practice. Sometimes it is to think about a matter in a different way. Sometimes it is to see God and His character in a different light. Other times it is simply to learn to accept, welcome, trust, and enjoy Him in areas I never expected. For example: to see how God cares for me in my suffering and pain even when I don’t feel it; to accept with joy and purpose not only the good things in life but also the pain and suffering; to not assume good structures and systems will continue to last but instead to trust wholly only in God; to accept God’s extravagant love for me and enjoy Him; to deepen my relationship with God and desire to be one with Him, etc. I also enjoy and am thankful for how Psalms has the words to help me express many things that I didn’t have the words to say in my prayer to God. I think my walk with God has gotten more intimate throughout this class. And I am thankful to God for the opportunity to attend this class, and for Chern Yi laoshi to prepare and teach the class with all her heart (although sometimes that means some extra homework needs to be done). - **Loy Chee Wah**



From the Disciple class, I have learned the content of the lessons, but also from the way my facilitator frames ideas through thoughtful narratives like "Why is it that we...?" or "Why can't we...?" This style naturally engages us and pushes us to reflect deeply.

Having peers around in class made a huge difference to the learning process. Being able to share ideas, learn from each other, and engage in conversations made the learning richer. Even though some lessons seemed slow at times, I realised that everything eventually connected — especially when we reached the summary of the human condition and what disciples are called to do.

Receiving the *Life Bible* was a blessing. Throughout this year, it helped me not only to read the Scripture but understand it more clearly — with structure, summaries, and the lessons that we worked through. The repetition, consistency, and exposure allowed the Word to sink into my heart more deeply than before.

I also had to learn time management through this class — and honestly, I failed many times. But instead of judgment, I experienced love, accountability, and grace from both my teacher and peers. It reminded me that even in my struggles, God still loves me and is shaping me.

Looking back, the lessons I learned were practical and personal. They rejuvenated me and helped me step back into the world with renewed purpose. My journey this year has changed because of this disciple course, and I know the learning will continue to shape who I become.

I hope to keep the habit of reading the Bible and carry forward everything that I have learnt. I am truly grateful for this class, and I look forward to the next disciple course with excitement and expectation. - **Yao Jinxin**



Disciple 4 programme begins with the topic "Family" covering the book of Ruth. The relationship of Naomi with Ruth, her daughter-in-law surviving in a foreign land, dawned upon me that God desires that I care for my family and even strangers. I used to spend my time seeking only my own interests and did not care so much for my family and others. Nowadays, I set aside time to call and visit my family members more often to show my care and concern. I also make an effort to join my colleagues for lunch to build closer relationships and to have more opportunities to share the gospel with them.

In order not to conform to worldly values, God's word directs and keeps me in His way. Hence, I have made it a priority to be consistent in reading God's word daily and not be easily distracted. Moreover, I understand from the study that the book of Psalms is a way of praying to God. By memorising the verses in the Psalms, I learnt how to pray using His words. I began to praise and give thanks to God from Psalms 146:1-2 "**Praise the Lord! Praise the Lord, O my soul. I will praise the Lord all my life; I will sing praises to my God as long as I live**". I also like Psalms 100 and Psalms 121.

I also started to pray for my pastors and those serving in the church, as they play an important role in preparing for the weekly exhortation and worship service, using God's word to encourage the church as we gather together. Furthermore, I am reminded from Ecclesiastes 5:19 "**Moreover, when God gives any man wealth and possessions and enables him to enjoy them, to accept his lot and be happy in his work-this is a gift of God**". I am determined to avoid complaining but be grateful and thankful to God in every circumstance. It is my prayer that God will give me the strength to persevere in applying all that I have learned from the Disciple 4 programme. - **Chong Yee Mean**



This is my second discipleship class, and it is so good to continue to study, meditate, and apply the Scriptures. I am in a class with many younger brothers and sisters, and it has broadened my perspective to hear the views of these young people. I encountered new experiences like reading the Apocrypha on Esther. It was interesting reading about the different accounts and comparing it with our canonised Bible. I found the book of Maccabees insightful as I got to learn about the Greek culture and religion, and also about Antiochus IV's persecution of the Jews.

I enjoyed doing each homework, whether writing as an individual or working with different groups. For the first time, I got to write a letter to Jesus regarding His trial, betrayal, denial by Peter, the flogging of Jesus, and His crucifixion, where I am able to express my thoughts and feelings to Jesus. I also wrote a plea to God on Job's behalf, which stimulated a lot of new thoughts that I never had before. Working in groups, we have opportunities to paraphrase Scriptures together, and this adds to creativity in learning. Reading together as a class one passage of Job in a dramatic manner added to the variety in learning.

Another homework that I really enjoyed was when I got to know a fellow student in the class and wrote her a letter of love and encouragement. This exercise enabled us to connect with each other deeply by getting to know another person in a more meaningful way, as all of us lead busy lives and hardly have enough time to fellowship with other people.

In one lesson, "being faithful community, we freely choose to be bound together as the people of God," whereby I am challenged to commit myself to pledge towards the church renovation fund. Some of the challenging questions and responses that arise from certain topics also made me think more deeply. Such as the lesson on Daniel and his three friends' testing in the burning furnace, which made me think about my own faith. Will my faith stand firm like theirs when persecutions come? The story of Jesus calling Lazarus out of the grave makes me wonder if I have thrown off my grave cloths (signifying my sinful ways) and walked out of the grave, or am I still holding on to my old thinking and ways in opposition to the teachings in the Scriptures? This discipleship class has strengthened my faith in the Lord and deepened my desire to make Jesus known to as many people as possible. - **Carrie Chua**



Looking back, each Disciple class that I took part in happened at different phases of my life. Disciple 1 (Red) after my O-Level, Disciple 2 (Green) during my days studying in Polytechnic, Disciple 3 (Purple) when I just started out working, and now Disciple 4 (Gold) while I am a working adult, newly married, and having served a little more in church. God has walked every step of the way with me for nearly nine years through Disciple classes.

The feeling is different every time I sign up for Disciple classes. This year, my schedule was so packed that I did not want to join Disciple 4 - I did not want anything more on my plate! But God showed me through my unwillingness to join that the busyness of life had quietly kicked my heart of discipleship out, and that's exactly when I need God's Word even more. I have now spent the year studying God's word and renewed my daily walk with Him. I am still a work in progress.

Stepping foot onto the stage of young adulthood, Disciple 4 helped me anchor my faith deeper into God's truths. It gave me opportunities to reflect on aspects of life like suffering, conflicts, finances, unity in church, and many more. One of my favourite books was Ecclesiastes under the topics of "Futility" and "Enjoy". God helped shape my heart for Him in all that I do under the sun, where everything is made beautiful in His time. - **Jerry Tay**



3 2 weeks of reading the bible, 32 Sundays of waking up early, and spending 64 hours with my classmates. I would not have exchanged these 32 weeks of experience for anything else! This Disciple course has been a time of self-reflection for me. I don't want to just do the bare minimum, but I want to be confident when I face God and say, "I have fought the good fight, I have finished the race, I have kept the faith."

Job was God fearing and blameless in his way of life, but he still suffered for reasons not known to him. He endured, persevered, lamented, and was finally restored. As humans, we always seek to know the reason behind the circumstances that happen to us, be it good or bad. But God calls us not to seek the reasons but just to be in awe of Him. He is the reason I am alive, and my entire life is held in His hands. How should I live my life between my first breath and my last? God is our creator, and He is the one in control. Am I so mighty to think that I have control over the things that happen to me and not give the credit to God?

We also learnt to embrace lamenting. Learnt that it is okay to complain to God, okay to pour out my grievances to Him. I can be real and honest with God. To come into His presence, kneeling down and seeking answers. Crying out to Him, hanging on to the corner of His robe. Even when I feel there is only a small sliver of hope, I can seek the Creator who is my Abba father!

"Why have you placed me in the room of darkness?

Where shadows speak ill of You and drag me away from Your Light.

You are the one who created the day and night.

O God, shine Your Light and bring me out of the room of shadows."

He comforts us often. But often when we are busy, we forget that He comforted us. I try to thank God in my daily life and also to sing praises to Him when I get the chance. Through these acts of thanksgiving, I realised that God is with me every step of this difficult life race that I have been running. I have learnt to embrace the highs and lows of life. To fully enjoy the blessings from God, and also to cry out to God when things get tough. Life is filled with many challenges and is often difficult. But a life lived in fellowship with Jesus in accordance with God's will is a joyous journey filled with great abundance! - **Chua Wei Sheng Brian**



During the first lesson, I doubted myself: can I really do this for the rest of the year? But not once did I doubt that this is what God would have wanted me to do. He had nicely placed this opportunity right in front of me, and I knew it would be on me to take that step out of my comfort zone to fulfill what He had planned.

Indeed, I was proven right to expect the difficulty in committing to the rigorous daily readings on top of my work. Many times I find myself not being able to catch up on the daily readings, and one would often see blank spaces on what was supposed to be my notes. However, I never once regretted this decision. Every day I am enlightened by the weekly psalm, or even surprised by how relevant it was to what I was experiencing during that week. The weekly readings are content-heavy, but it does not diminish the amount of excitement I get from learning about God again and again.

Each day I have new insights into God's words, even if those are the stories that I have been hearing from the young. The scripture is the same, and the underlying inference does not change. However, the words will still hit differently, depending on the stage of life you were at, the life circumstances you were facing at that moment. Even the mood you were in while reading the scripture affects how God's words can touch you. While I have to admit that many days I dread opening the Bible and the disciple book, especially after a long day of work, the reflection from each day's reading never fails to inspire and help me know God a little bit more.

Such moments are the greatest gain from my previous two discipleship courses, and are the main push factor for me to continue my journey with God's word through this course. Additionally, with the weekly video, my thirst for knowledge grows, motivating me to scrutinise the scripture every day. Ultimately, I only wish to grow closer to God with this course as a bridge, through the gaining of hard knowledge, to the gaining of heart knowledge. - **Lau Wei Xi**



By God's grace, this marks my fourth and last of the DISCIPLE program. I would like to share a brief reflection on my journey through these 32 enriching weeks of the DISCIPLE 4, Under the Tree of Life. The title itself, "Under the Tree of Life," holds a deep spiritual meaning for me. I associate the "tree" with the family tree, a place with the bond of relationship and belonging. The tree provides shelter and life through its branches as well. Thus, God invites us to dwell under His protection and grow together as His people, rooted in His word and nourished by His Spirit.

For 32 weeks, we journeyed through the writings in the Old Testament, discovering how God's redemptive plan unfolds across the scripture. We started off our first lesson with the book of Ruth - a book about loyalty, faith, and divine providence. Though Ruth was a Moabite, her steadfast devotion to Naomi and her willingness to embrace the God of Israel revealed how God's grace extends beyond boundaries. She was included in God's chosen people, and this reminds me that God can work through ordinary people and unexpected circumstances to fulfill His extraordinary purpose.

We also delved into the books written by John, which focused on Jesus' identity. The book of John invites us to reflect on the most profound questions in our faith: "Who is Jesus?" and "Is He fully God or fully human?" We studied the book of Revelation, where we beheld powerful imagery of the four living creatures, the red dragon, the Lion, and the Lamb who alone is worthy to open the scroll. Though mysterious and symbolic, Revelation calls us to live by faith and hope, trusting in God's ultimate victory over evil and His promise of eternal life.

Personally, this journey has deepened my understanding of the scripture and strengthened my walk with God. The DISCIPLE program has not only satisfied my curiosity but also allowed me to dive deeper into the context of the writings and discuss why they are written in such a manner. The DISCIPLE program will be the course for you if you want to have a greater understanding of the mysteries of the Bible! - **Loy Jun Hong Sky**



Taking the Disciple class for the fourth and final year has brought about many emotions – relief, gratitude, and excitement. When I first embarked on the journey to learn more about God's word, I was concerned whether I could keep up because I don't enjoy studying very much. However, being a daily material, I thought it was beneficial for me to reflect on the weekly theme and apply it to my life as I navigated through studying, working, dating and marriage. Through the many seasons of my life, I found that God's word enriched my thoughts and actions even though I was not a very meticulous student. Being a Christian since birth, I was exposed to the Word of God, but I never found any belonging or attachment to it. I always thought that being a Christian was just a religion and something that was part of my identity, yet I had no idea what the faith entailed. When I decided to learn more, I realised that this faith was something far greater than I had imagined because I was able to experience God's goodness and truth in my life. Through these classes, I felt inspired to serve and lead in church, and that was how I stayed in this community. Being part of a very dynamic class, I made many friends through the years of taking this course and was able to nurture my relationships in church, with spurring from my classmates to desire God together. Knowing that my community puts in the effort to learn more about God's word helped me to work harder on growing in my walk with God. I urge you to join similar courses in church to grow in your faith! - **Alexandria Chin Rui Fang**



Reflection from Companionship in Christ

Hi everyone, my name is Hui Zhen, I'm the youngest in the group, but extremely blessed to be surrounded with wise elders – aunties and uncles who have experienced many more decades of life experiences than I ever had. As a form of Spiritual discipline, and recognizing my own wretchedness and lack of motivation, I knew I needed somewhere in which I could find solace, comfort, and encouragement in persisting with reading the Word even when I don't feel like it. Companionship in Christ is a 9-month long program that is designed to build a Christian community where we challenge each other to respond to God's will through spiritual disciplines and sharing. Some of the spiritual disciplines were different approaches to prayer, meditation on the Word, Lectio Divina, and experiential learning.

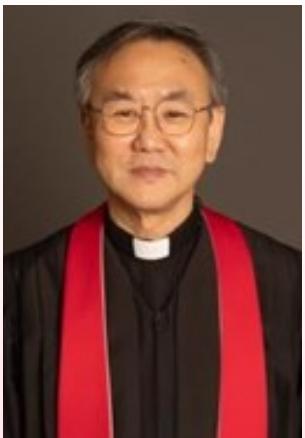
But out of all, my greatest takeaway was hearing the testimonies of my fellow brothers and sisters in Christ. As compared to my peers' life issues, my own problems at work and personal life seem so small. But through their narratives, I get a glimpse of what faith and obedience looked like, and I feel even more refreshed, renewed and inspired to live for Christ even on days I don't feel like it. They presented what it looked like to 'carry your cross' daily, not because they were obliged to, but because they responded to God's call and graciousness towards them in their lives. I often struggle with this portion of serving God, and putting down my own pride, self-doubts and sacrifices for God.

I remembered very vividly about one of the sessions that spoke about Radical Availability – it was a call to serve and be obedient to do so. One of my classmates shared about how she struggled with serving while dealing with pride and expectations of others and herself. Though she had groans and complaints along the way, she also recognised that God remains faithful and in the blink of an eye, she's already served for four years while relying on God. And I think it's also the same for me, sometimes I find myself doubting myself if I heard wrongly, or if this is the call from God in whichever vocation or ministry every time I begin to find ministry difficult, challenging, or even disheartening. The thing is, God never said ministry would be easy, nor would it always have a successful outcome deemed by human standards. He only requests our obedience to be worked through Him to serve others. This is Christian living – the response to God's call, even if it is difficult. Through their sharing, I realised too that God was also gently nudging me to realise my potential even in my discomfort, moulding me to be more like Christ through his providence and equipping. Would I also encourage you, if you're sitting on the fence with whether to serve, may you find strength not in your own competence and ability, but in the Lord's faithfulness; knowing full well that He shall provide and mould you as long as you're willing to respond to Him.

Additionally, going through Companionship in Christ has challenged me countless times – not just in my service towards God, but my view of community. I've been holding on to a lot of baggage and church hurts that were difficult to resolve, but through the egging on of my classmates, their stories have given me a new light to look at things. Instead of expecting service from others, why not be a blessing to others? Looking back, I could see that God is quietly working in my heart to break down my own barriers towards loving my community and serving Him in response to His great love for me.

If you have a chance to attend Companionship in Christ next year, I would really recommend that you go for it! - **何惠真Ho Hui Zhen**

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