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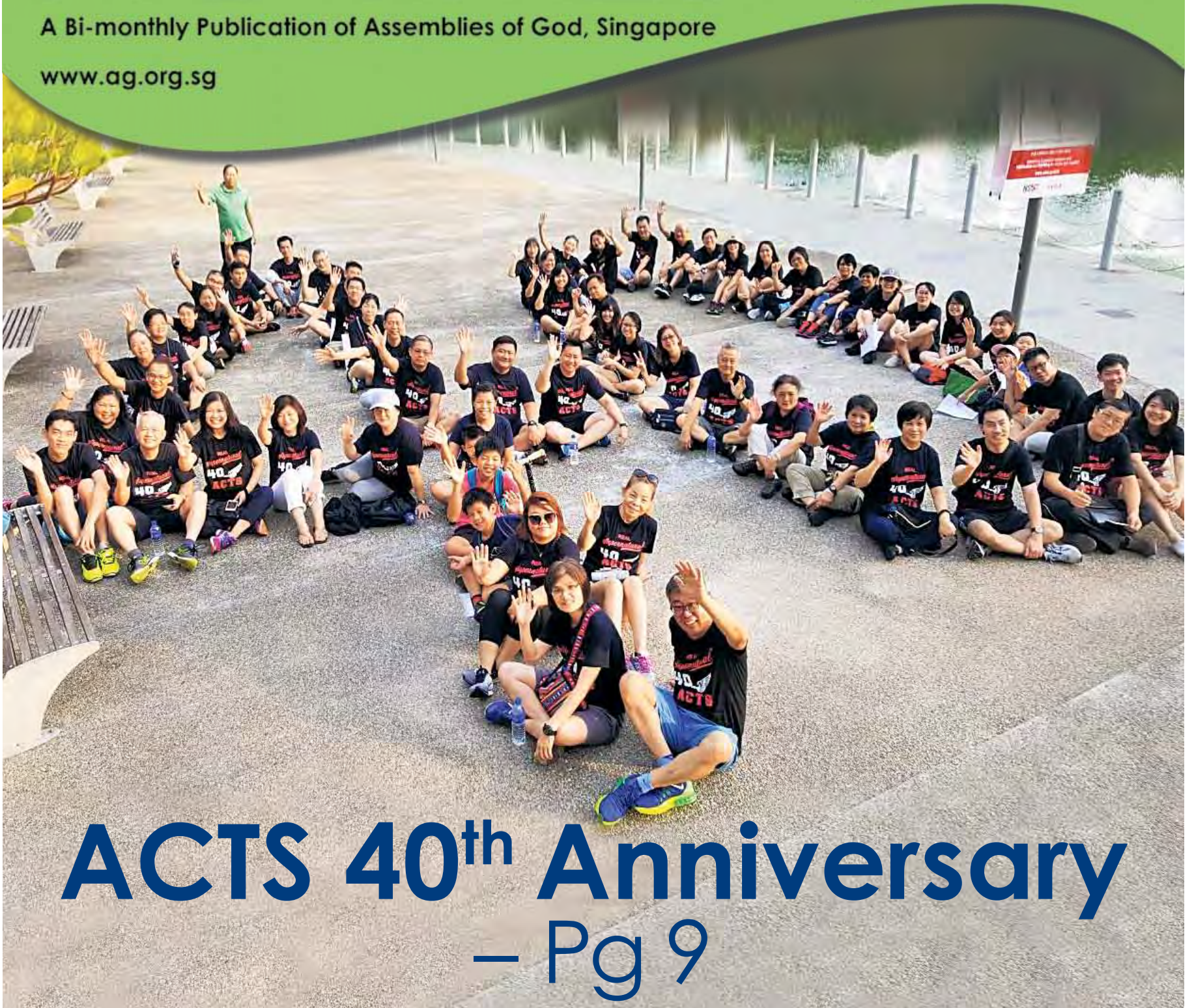
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# Taking Care of our Physical Bodies



By Rev Dominic Yeo

At this year's National Day Rally, Prime Minister Lee mentioned the importance of staying healthy in view of rising obesity and diabetes rates in Singapore. While it is easy to relegate it as a first-world problem, it is a well-known fact that a diet high in sugar, fat and salt will lead to problems such as hypertension, heart disease, obesity, diabetes and even mood swings.

What, then, should our response as Christians be? Romans 12:1 says "...by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." (ESV) Here, Paul tells us to consider all that God has done for us – how we have been redeemed by Him, belong to Him, and are His royal priesthood.

When Paul says to offer our bodies as a spiritual act of worship, we often think about the spiritual aspect of our bodies and forget about our physical being. However, I believe we ought to offer our bodies to God holistically – body, mind and spirit.

In Greek, the word for "spiritual" is *'logikos'* (λογικός) from which we get the word "logical". *Logikos* can also be understood as "reasonable". Therefore, offering our bodies to God is both a spiritual act of worship as well as a reasonable act of worship.

## Caring for our physical body is a reasonable act of worship!

It is not enough to simply be an anointed leader. Neither is it enough to serve God with a suboptimal spiritual, mental and emotional health as a result of not taking care of our physical bodies. If we want to effectively use all our God-given gifts, we must also be wise stewards of our God-given body.

How do we keep our bodies healthy and useful to God for as long as possible? We need to watch what we eat and strengthen our bodies with regular exercise. There are no shortcuts.

## Caring for our physical body requires sacrifice!

Paul talks about being a "living sacrifice" to the Lord. At the altar, a sacrifice will usually try to wiggle out. It is never easy to stay on the altar. It will require discipline to die to self and allow God to be Lord over every area.

In Romans 12:2, Paul exhorts us to "*be transformed with the renewing of our minds*". With that, we should think about the trends and bad habits we give in to.

Do you stress-eat, have suppers or work without adequate rest?

What does sacrifice mean to you?

Will you sacrifice your cravings for excessive sugar and salt?

What about carving out time for exercise?

God has made us His instruments of worship to proclaim His glory to the world. Let's keep our "instruments" in good condition by taking care of our bodies. Don't wait until 2018 to embrace a new lifestyle for God. Choose to start living healthy for God today!

## 照顾自己的身体

在新加坡，糖尿病和体重超标有上升的趋势。有鉴于此，李总理在今年的国庆群众大会强调了保持身体健康的重要性。虽然我们可以把它轻易归咎于第一世界国家的问题，但是众所周知，高糖、高脂肪和高盐的饮食可导致高血压、心脏病、肥胖和糖尿病，甚至可能增加情绪波动。

那么，基督徒应该如何反应？罗马书12:1写道“将身体献上，当作活祭，是圣洁的，是神所喜悦的；...如此事奉乃是理所当然的。”保罗这样写，是要我们思想神为我们所做的一切——我们如何被救赎，我们属于祂，是君尊的祭司。

当保罗吩咐我们将身体献上当作活祭时，我们一般想到身体的属灵层面而忘了我们实质的肉体。然而，我相信我们应该将我们的全人——身、心和灵献上给神。

“理所当然”一词在希腊原文是 λογικός，英文的“logical”（合乎逻辑）一词是从这个词演变而来。λογικός在英文圣经版本中被译为“属灵”，但这个词也有“合理”的意思。因此，将身体献给神是属灵的敬拜，也是合理的敬拜。

## 照顾自己的身体是合理的敬拜！

做一个有恩膏的领袖是不够的。不照顾好身体，以欠佳的心灵、思想和情感健康侍奉神同样也是不够的。如果我们希望有效地运用所有的恩赐，就必须做身体的好管家。如何长久保持身体健康，合乎神的使用？我们必须注意饮食，也要定期运动强身健体。

## 照顾自己的身体需要有所牺牲！

保罗谈到为主当“活祭”。在祭坛上摆放的祭牲常会尝试挣脱。在祭坛上乖乖呆着是不容易的。这需要自我牺牲的纪律，愿意让神掌管生命的每个层面。

在罗马书12:2，保罗劝勉我们“要心意更新而变化”。因此，我们需要思想我们向哪些趋势和恶习妥协了。

你会在压力下暴食、有吃宵夜的习惯或者工作到没有足够休息吗？牺牲对你来说有什么意义？你会牺牲你的糖瘾和盐瘾吗？你愿意拨出时间运动吗？

神创造我们成为敬拜的器皿，向世界宣告神的荣耀。让我们好好照顾身体，使我们的“器皿”保持在良好的状态。我们不需要等到2018年才开始新的生活方式。今天就选择为主活得健康吧！



## TRAINING

# How do I Know if I have a Full-time Call?

*By Rev Mark Poh, Emmanuel AG*

*Do you have a full-time call? Rev Poh shares some pointers on this.*

It was in May 1999 that I left my secular job and responded to a call to serve full-time in the church. That was the beginning of a journey of faith and learning to listen to our loving Master who leads and calls us.

Toward the end of 1998, I felt a prompting in my spirit to leave my job to serve God on a full-time basis. It was a rather chilling feeling, almost something that seemed onerous and even frightening. I suddenly felt the weight of a serious decision that I might need to make, which will deeply impact my life as well as my family's. My wife was a marketplace leader and our daughter was only five years old then. Many questions flooded my mind:

"God, is that You?"

"God, is it the right time?"

"God, if it is You, where and what do You want me to do?"

"God, will I be able to fulfill what You want me to do?"

"God, will we be able to manage financially?"

My wife and I decided to pray as we knew that this was going to be a major decision. We needed to hear from the Lord clearly. It wasn't only about obeying Him, but needing to be clear about the call, the timing and following His leading. About five to six years earlier, I had felt a similar prompting. During a season of prayer, we received a Word from the Lord that my time serving in the secular world was not over yet and I was to continue to be in the marketplace.

We prayed through a period of six months, not wanting to rush the moment but wanting to hear desperately and clearly from the Lord. The Lord was gracious and gave us three confirmations that it was time for me to step out in faith. Since then, we never looked back.

### How do I know that I have a full-time calling?

Let me start off by stating that a full-time call is an honorable call. It is one that must be taken seriously. To go ahead of the Lord and to respond to emotions or hear wrongly, can potentially lead to much pain, frustration and disappointment with God as well as with His people. A good godly intention may not be

a God-intention. We may be stepping out of God's will had He intended for us to be in the marketplace. Because full-time ministry can be very challenging, it can mean years of struggle and pain unless one hears from the Lord clearly,

Here are some guidelines that one can keep in mind when considering a full-time call. In our experience with different individuals, God's call cannot be put down to merely fulfilling some pre-requisites, but one must always be mindful of hearing directly from the Lord, as each call may be different. For instance, Apostle Paul was called through a blinding encounter with God.

#### 1. Prompting from the Lord

This is a most likely starting point for a call into full-time ministry. This must not be an emotional response but a carefully prayed-through process. As this is a serious decision, it must be one that should not be rushed through but consulted on and prayed over for confirmation.

#### 2. Confirmation and Counsel (Proverbs 11:14)

Your leaders, your peers and those around you are good gauges of your strengths and weaknesses, as well as your potential calling. Choose carefully whom you approach to seek counsel from and pray along with you.

#### 3. Examining your heart and motivation (Jeremiah 17:9)

What are the reasons you feel led to go into full-time ministry? Is it to fulfill a personal dream that you will be preaching to hundreds and thousands one day? Is it to fulfill someone's expectation of you? If the motivation is pride or to please someone, then you will need to get back on your knees.

#### 4. A disciple today?

Fundamental to this is the basic question of what and how you are doing now. What are you like as a disciple of Christ today? Faithful in church attendance and the various church activities? Serving faithfully where the Lord has placed you currently? If you can't be faithful in the little things, you are not likely to be able to do well in the greater things of God.

#### 5. Fruits?

Are there fruits seen in whatever you are doing today? Do you have a passion for it or do you need someone to motivate you to get going?

If you desire to be a pastor one day, are you presently leading or involved in a carecell that is doing well?

#### 6. How moldable, teachable and humble are you?

Do you feel that you are the person who is going to solve most of the problems you see in church today? This can be dangerous as you may be responding to a felt need rather than to a call.

I hope this article helps you make an important decision for your life wisely and for eternity. The work of the Kingdom needs everyone to live out their place in God's Kingdom. Your consideration of a full-time call is indeed honorable and inspirational. Pray, pray and pray before you make any move! Stay accountable to your spiritual leaders.



Rev Mark Poh is currently the Senior Pastor of Emmanuel Assembly of God. He graduated from the University of Waikato, New Zealand where he also received Jesus as his Lord and Savior in 1980. He served in the marketplace for 17 years before he was called into full-time ministry, joining the church as the Youth Pastor in 1999. He obtained his Masters of Theological Studies in 2005. He is serving in the EXCO of the Assemblies of God, Singapore. Rev Mark Poh with his wife, Aye Lan is married for 34 years and they have a daughter, Faithe.

# The Meaning of Work

By Isaac Wong, ACTS College

Work is a significant aspect of our adult lives, and occupies a large part of our attention every single day. A survey by the Ministry of Manpower says that Singaporeans spent an average of 45.6 hours working in 2016, which is nearly 20% of our waking hours. It would make sense, then, for us to understand the biblical meaning of work.

## Work before the Fall

Some of us might think that work is a punishment from God as a result of the Fall of humans. However, the Bible tells us that God established work from the very beginning. The nature of work is exemplified by Creation: work is creative, productive and good (Genesis 1:1-31). God has ordained work as a gift to humans, and He gave Adam the specific assignment of tending the Garden of Eden in the beginning (Genesis 2:15). Just as God Himself is a worker who creates, forms, builds, and plants (Genesis 1:1; 2:7, 19; Psalm 127:1; Amos 9:15), so we take after God as beings who are created in His image. All these things tell us that work has inherent dignity because through work, we humans fulfill God's ordained destiny for us.

## How the Fall Affected Work

However, the Fall of humans through sin corrupted the nature of work. As a result of the curse, work becomes arduous, stressful and less productive, requiring much more effort to produce fruit (Genesis 3:17-19). Humans were to toil *"by the sweat of [his] brow"* until the day he dies. We can see the effect of this in how work has become burdensome for many of us, especially in the stress, pressures, boredom, frustrations, competitions, and even deceptive practices at our workplace.

At a motivational level, work has lost its intrinsic value for many people, and has become a means to an end – to increase wealth, to gain the capacity for leisure, and to achieve a higher standard of living. Many people see work as a phase in life to accumulate savings, so that they can retire to enjoy life later.

## The Redemption of Work

Although work has been corrupted by sin, it has not lost its intrinsic value. We can still enjoy work and gain satisfaction despite our toil (Ecclesiastes 2:24-25; 3:13). Jesus said that God continues to work to this day (John 5:17).

Furthermore, we are urged to respect those who work diligently (1 Thessalonians 5:12-13), and warned against being idle (1 Thessalonians 5:14; 2 Thessalonians 3:6, 11). We should earn our own

living (2 Thessalonians 3:10), and not resort to dishonest means of gain (Ephesians 4:28).

Believers are exhorted to keep working while they wait for Christ to return (1 Thessalonians 5:1-14). In view of the God-ordained nature of work, there is intrinsic dignity in our work, and our diligence and integrity at work honors God.

The Bible does not indicate a hierarchy of work, and intellectual as well as skill-based occupations are no better than manual labor. Regardless of vocation, all honest work is to be commended, as written in Ecclesiastes 9:10: *"Whatever your hand finds to do, do it with all your might..."*

As Christians, our work is a means to use our gifts to serve God and others. Furthermore, there is no separation between "secular" and "sacred" work as long as all are done in service to God. While ministers and missionaries certainly have special roles in meeting the spiritual needs of people, they are not the only ones doing God's work. Those of us working in our secular jobs can also contribute to the fulfillment of God's will in our various capacities.

Christians participate in the redemption of work when they work for God rather than their human supervisors or bosses. The positive attitude that stems from this motivation is a healthy antidote to the drudgery and frequent negativity associated with work. The high regard we have for the God-ordained nature of work counters the boredom of work routine, and our trust in God to strengthen us and act in a godly manner at our workplace alleviates the stress we face regarding factors and situations we have no control over.

While we often do not understand how God works at our workplace, just like in every other aspect of our lives, we can wait upon Him patiently. We can wait upon Him even as we continue to labor diligently and remain faithful to the responsibilities we have been given. Through the Christian attitudes we exhibit at our workplace, we bear witness to the transforming power of Christ and play a part in redeeming our workplace for God.

As much as God has ordained work, He has also ordained rest for all humans engaged in work (Exodus 20:8-11). Together with His work of Creation on the first six days, God rested on the seventh day, blessed it and made it holy. Rest was ordained for us so that we may be refreshed (Exodus 31:17). And we are to devote the day to God (Isaiah 58:13-14). Jesus himself took time to rest in spite of the unceasing needs of ministry (Mark 6:31). Therefore, work is not more holy than rest, and an appropriate balance of

both is necessary for our lives. In the workaholic and driven culture in many of our workplaces, taking the time to rest from our busyness brings refreshment to our lives.

## Work after Glorification

In the vision of the prophet Isaiah, nations *"beat their swords into plowshares, and their spears into pruninghooks"* after the second coming of Christ (Isaiah 2:4). When God establishes universal peace through His Kingdom, the weapons of war will be transformed into tools for productive work. As work was established by God in the beginning, so work will continue after Christ's return.

Therefore, as we appreciate the intrinsic value of work God intended at the beginning of Creation, we should participate in redeeming our workplace by putting our hearts into our work for the Lord.



Isaac Wong is currently a faculty at ACTS College, and is also teaching on an adjunct basis at both Republic Polytechnic and BCA Academy. He had been involved in pastoral ministry both during his tertiary days as well as with the adult congregation. He graduated with a Bachelor of Science (Physics) from NUS and has been working in the education sector since 2003. Having completed his Master of Divinity at ACTS College in 2016, he is currently studying for his Master of Theology at Asia Graduate School of Theology.



## TRAINING

# On being an Influencer for God in the Marketplace

Many of us hold jobs in the marketplace. How have we lived out our marketplace call in where God has placed us? Lay leaders from The Harvest Force, Eternal Life Assembly and Zion Full Gospel Church share their hearts on this topic.



Job Loei (JL)

Job is a senior manager at the National Kidney Foundation (NKF), managing patient advocacy, rehabilitation and volunteers. For 16 years in NKF, he has devoted his career to renal health operations, management, leadership, community partnerships, new program developments and patient care enhancement. His portfolio also includes establishing programs for NKF's 1,400 active volunteers to engage with patients regularly and meaningfully. Job is currently serving as an elder of The Harvest Force church. He also serves in worship and care group ministry.



Dwayne Lau (DL)

Dwayne heads the Drama Department at Eternal Life Assembly and is the resident coach of St Anthony's Canossian Secondary Drama Club. Since graduating from The NUS Theatre Studies Program (Hon) in 2007, he has been actively involved in the theatre industry and has worked with many renowned theatre companies like Wildrice, The Necessary Stage and the Singapore Repertory Theatre. He also consults, writes and directs Easter and Christmas shows for various churches.



Samuel Yeo (SY)

Samuel is a Military Regular under the Republic of Singapore Air Force (RSAF) and currently serves as an instructor on board the F-16D+. Driven by his passion to fly a fighter jet, God opened doors for him to do so, and this will be his 10th year in the RSAF. Brought up in a household where both his parents are pastors, Samuel continues his zeal for God by serving in Zion Full Gospel Church as a worship leader and drummer.

### 1. How do you define being an "Influencer for God in the Marketplace"?

**JL:** As an influencer for God, first and foremost, we should not hide that we are Christian. People should know who we are. We are people who are not ashamed of the gospel. Instead, we are the light of the world that others may see our good deeds and glorify our Father in heaven (Matthew 5:14-16).

Secondly, we should lead a transparent life. By that I mean that we do not lead co-workers to think that Christians live perfect lives. Rather, we too have struggles in life, but we do not succumb to these struggles because we have God's help.

To be effective as an influencer of God, we should be adaptable to the workplace culture. The workplace environment can be highly stressful and daunting. Adapting does not mean compromising our faith, but when we display spiritual integrity and remain a good testimony, we gain credibility to attract others to know God.

**DL:** Be relevant and sincere. It means that we should evidently have faith in God and not be ashamed of our beliefs and value system. We should not shy away from attributing praise and openly thanking God for His goodness and providence. Being an influencer of God, we should not judge others for their different beliefs or value systems. Most importantly, needs are met and sincere friendships are established.

It should be apparent to his or her friends that God is the one who inspires his or her daily living and choices. This may, in turn, pique their interest, leaving an avenue open for them to explore should they desire to know more and experience God in the same measure.

**SY:** If I could define it, it would mean to stand by principles and values in accordance to God's Word without any compromise. It's always easier to be influenced by the world and "follow the crowd", but it's always an uphill task to be the "odd one out".

Many times, being an influencer for God will cause us to swim against the tide. But that is what God has empowered us to be, the salt and light of the world. I see myself serving in ministry, not just within the compounds of the church, but my workplace as well.

### 2. In what ways, in your capacity, are you demonstrating this definition in your workplace?

**JL:** Before I introduce my co-workers to God, I introduce God to my work. To do this, I pay attention to my work where I discharge my duties diligently "with all my heart" (Colossians 3:23).

On top of this, my character matters just as much. Character is not just who I am internally, it expresses itself outwardly in my attitude toward others. As such, my relationships with co-workers ought to be characterized by peace, love and joy. I must also be ready to speak about my faith to every person I have established a meaningful relationship with.

1 Peter 3:15 tells us to always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But remember to do this with gentleness and respect.

**DL:** In all my bios in various program booklets, it always states clearly my involvement in the church and the creative ministries.

My colleagues are very aware that I love God and am active in church. I share with them the ministries that I am involved with in church. I'm open to offering a listening ear and even praying for them should they need any form of relief. I've established many deep friendships because of the love that God flows through me. There is no judgment in these friendships. I just focus on being relevant, honest and providing a lifeline to the people around me.

I have just finished a show, "Forbidden City" at the Esplanade. For those who were interested, we opened a prayer session in my dressing room before every show. We even had communion with a few other believers. Throughout the run of the show, I've had believers and pre-believers come up to me to ask for prayer for various situations.

**SY:** In my work environment, profanity is the mother tongue. Everyone does it and you can be easily influenced by it. I had to continuously remind myself that I represent someone greater, and I'm His ambassador in this part of the world.

Also, I realized that to some of my peers, I might be the only accessible "gospel" that they would ever come close to. Living out for Jesus among a non-God-fearing crowd is therefore crucial. However, I see it as a great honor.

A practical way I handle the use of profanities is to challenge my colleagues to get by a day without using it. It is not a habit to get rid of overnight, but I encourage them by modeling a "pure speech" lifestyle. I need to ask the Holy Spirit to guide my speech and thoughts, and rely on Him to keep me in check always.

### 3. What are the challenges you have encountered or may still be encountering in becoming the "influencer" you want to be?

**JL:** There are critical aspects involved in maintaining good Christian testimony and becoming an influence for God. We need to maintain spiritual integrity, stand out as authentic Christians and keep good standards of practice.

Due to the nature of the workplace, I find that we are vulnerable to allow busyness, and preoccupation with the affairs of the world, to dull our sensitivity toward the needs of others. People can be attracted to Christ by how we lead our lives in the workplace. As I mentioned earlier, we lead a transparent life. When others see us upholding good values, we have the potential to be of good influence to others. Conversely, when we fall short in our character, we can lose the potential to influence others in a good way.

In a corporate environment, we mingle with people of other faiths. Hence, we must be mindful to reach out to others in love. This includes being tactful yet intentional to engage in spiritual conversations that allow us to share the Good News of Jesus Christ.

**DL:** I guess with everything there will always be people who aren't so receptive of godly beliefs and the Christian value system. And with that I have to remember not to "hard sell" Christ in such situations. Rather, I should be genuine in the friendship as how Jesus was when He spent time talking to people, and let God do whatever He wants through these friendships.

It's also very easy to fall into the world's system of negativity, complaining and gossiping. And I'm no angel! But when I catch myself in such situations, I quickly take a step back, identify the wrong choices and attitudes to change, and then carry on. I've been blessed with fellow believers in the industry that have been journeying along with me. We constantly encourage one another to be good testimonies for God.

**SY:** I was once singled out for being "too holy", and for many years, I was often ostracized for not participating in after-work activities that were held in entertainment places. I would be shouted at, teased and be at the receiving end of endless profanity.

However, God had always been with me and I saw how He restored my reputation after a couple of years. More and more colleagues started to respect my firm stand on my beliefs and values. Several of them even asked how I managed to overcome this, as they are currently in the same position and are struggling to stay true to what they stand for. I'm thankful to God for my family and church community who always kept me in their prayers and stood by me during the toughest moments.

### 4. What do you envision our workplaces to be like if we all lived out our call to be "marketplace influencers"?

**JL:** It will change the corporate culture of the workplace. The atmosphere will be positive and energizing. It will be a community of love and care because co-workers will look into the interests of others more than their own benefits. Work ethics will be raised and improved practices can lead clients and stakeholders to notice the difference. As a result, they may be more inclined to partner with us.

**DL:** Possibly less conflict. Less highly strung and stressed co-workers. Happier faces knowing that their lives are in the hands of an Almighty God who loves and cares. And that regardless of the challenges faced at the marketplace, all things work out for the good of those who love God and are called according to His purposes!

**SY:** To be honest, if all of us do our part, we would definitely see change in our workplaces. Our work environment would be governed with Christ-centered values and we would be able to fulfill our God-given call. Slowly but surely, the gospel would then reach all people groups and also to the ends of the earth. I truly yearn for that day to come.

### 5. Any practical tips you can share on how we can intentionally try to live out as "influencers" for God in the marketplace?

**JL:** It is said that people don't care how much we know until they know how much we care. As such, when we relate with others in the marketplace, we should display compassion, mercy, kindness, attentiveness and gentleness. I believe that these are attributes that are attractive and life-giving. When the connection is made, we ought to practice wise communication. This means to know when and how we share our faith, as well as how to share it appropriately and in a timely manner. Our conversations should always be sincere and not purely mechanical. We can and should talk about our faith when asked.

Finally, seek out fellow Christians. Encourage and pray for one another. Look out for one another, share how we can bear witness for Christ and look for practical ways to reach out to co-workers in need.

**DL:** Be relevant. Be an active listener to the needs around you. Don't be a salesperson and try to "hard sell" God. Christianity is not a religion. It is a relationship we have with a living God, so help other people experience that relationship through our lives, our expressions and reactions. Learn to love first and judge later. Always be open to the Holy Spirit's prompting on when to "move in" when people are more ready for a more in-depth sharing of the Word.

Be who you are, generous with your time, gifts and efforts, displaying the attributes of our generous and loving God. People can smell fake and over-enthusiastic Christians. And sometimes that can be a turn-off! Be the best version of yourself and let God do the rest of the work.

**SY:** Have an accountability (cell) group. It is extremely tough to do it alone as you may unknowingly rely on your own personal strength, and sometimes, succumb to your environment. With an accountability group, you have a group of brothers and sisters who are covering you in prayers, as well as spiritual leaders who can advise you when you're faced with circumstances that may challenge your stand as a believer.



# Empowering Leaders to Serve

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学院



# ACTS College Walkathon 2017

*By Zoe Wong, ACTS College*

*ACTS College celebrated 40 years of God's faithfulness.*

It was a lovely Saturday morning. More than 70 people gathered for the ACTS College 40<sup>th</sup> Anniversary Walkathon organized by ACTS College and her alumni. The 4.3km walkathon was held at the beautiful Punggol Waterway on August 5, 2017. To commemorate the college's 40<sup>th</sup> anniversary, participants formed the number "40" in a group photo as a remembrance of God's faithfulness in growing the college over the past forty years.

The event was flagged off by the Guest-of-Honor, Rev Simon Ang, the Assistant General Superintendent of The Assemblies of God of Singapore. Walking in small groups, participants had to observe the surroundings for clues to complete a list of tasks.

At one of the quest stations, groups demonstrated their "high kicks", while at another station, they sang an impromptu song within an "echo chamber"! This interactive walk certainly generated much laughter and unity. It was also heartening to see participants spur one another on to finish the walk, especially those with weaker knees.

In appreciation of the efforts put in, a special prize awaited the group that reached the end-point first and had the most number of tasks completed.

Everyone went home with a goodie bag filled with items sponsored by various organizations. There was even a special draw which brought about broad smiles on three happy faces.

Just as the event came to a close, droplets of rain began to fall. Our great God opened the floodgates of the sky at the right moment, giving us a couple of memorable hours together, bonding as a family and remembering His constant faithfulness.

*Photo credit: ACTS College*



*Posing for a group picture after the walkathon*



*Full of smiles for a post-walk picture*



*Walkathon Organizing Committee*



*Participating in our own ACTS Amazing Race*



*Happy to receive a goodie bag after the walk*



## TOGETHERNESS - AG COMMUNITY

# Swinging for a Great Cause

*By Teen Challenge Singapore*

Another successful year of fund-raising for Teen Challenge to continue touching and transforming lives.

The 17<sup>th</sup> Teen Challenge (TC) Charity Golf event was held on September 14, 2017, at the prestigious Singapore Island Country Club. TC Singapore has been organizing these annual fund-raising events for the last 16 years. We are glad to testify that it has gotten better with each year passing.

The sky opened up in the morning with showers of blessing and paved the way for a great golfing day in the afternoon. About 108 golfers took to the fairway of the Island Course and swung their golf clubs for a great cause.

We were graced with the presence of our Guest-of-Honor, Mr Lee Yi Shyan, Member of Parliament for East Coast GRC, and special guest, Rev Dominic Yeo, General Superintendent of the Assemblies of God of Singapore and Senior Pastor of Trinity Christian Centre. Both Mr Lee and Rev Yeo led the way in the VIP flight together with their flight mates.

The highlight of the charity golf was the prize for scoring a hole-in-one: a Mercedes Benz CLA180 Coupe, proudly sponsored by Daimler South East Asia Pte Ltd. This prize was displayed in the foyer, and remained as elusive as before. This year, it was still returned to the showroom. Perhaps next year, there will be a winner.

Hosted by Mr Clement Chow, the program of the evening and charity auction commenced. While the guests dined heartily, Lighthouse Inspiration Band provided the entertainment through their music and songs led by Mr Sammin Ang.

*Photo credit: Teen Challenge Singapore*



*A group picture with our Guest-of-Honor*



*Our Guest-of-Honor, Mr Lee Yi Shyan*



*Guests arriving*



*Our host for the night, Mr Clement Chow*



## TOGETHERNESS - AG COMMUNITY



*Executive Director, Rev Luke Tan (center), receiving our guests*

The three items on auction had found new homes, thanks to the generous donors. The auction items were:

- A 'Louis Vuitton' Ladies Handbag sponsored by Mr KT Ng
- A hand-crafted 'Peranakan Design Diamonds Cross Pendant' sponsored by Tomis and Caroline of Foundation Jewelry
- A 'Painting' by Mr Barry Yeow, commissioned uniquely for this auction

We thank God for yet another successful TC Charity Golf event. The amount raised to date is about \$215,000. This includes the matching funds expected to be received from the Singapore Tote Board.

Proceeds from this event will go toward covering the operating expenses of TC's 24/7 Drug & Alcohol Recovery (DARE) Centre. TC has been able to touch and transform lives for the last 40 years because of the continual support from individuals, churches and corporate donors. We are very thankful for your generous contributions.

TC Singapore seeks to be a beacon to the lost, a bridge to the disconnected as well as a balm to the broken and marginalized in our community. By the grace of God, we will see individuals restored to wholeness as we equip and empower them to become contributing citizens in our society.



*Our TC president, Rev Simon Ang (far left), with Barry Yeow (center), and Mr Nelson Ng (right) who is a donor and the adopter of the painting*



*Special Guest, Rev Dominic Yeo, General Superintendent of the Assemblies of God Singapore (right), came to render his support*



*Refreshments for participants*



*Dinner and auction*





# ROYAL RANGERS SINGAPORE LEGACY BUILDERS

40 years is certainly a milestone to celebrate. As mentioned in the bible, 40 years signify a whole generation completing its purpose, and a new generation that will begin. Royal Rangers (RR) Singapore leaders gathered on August 9, 2017 at Emmanuel Assemblies of God (AG) to celebrate, reflect and move forward with a renewed purpose for the next 40 years.



Games and activities for bonding between new and seasoned leaders.



The first and current National Commanders in a moment of exchange.

Memorabilia and historical patches were on display to highlight the rich heritage of RR.



RR friends from Malaysia joining in the celebration.



**Rev Nicholas Choo**  
First National Commander  
Royal Rangers Singapore  
1984 - 1995

## LESSONS FOR LEGACY BUILDERS

The devotion for the celebration service was shared by Rev Nicholas Choo. As the first National Commander, he had the privilege to interact with Rev Johnnie Barnes, founder of RR. Gleaming the nuggets of the original intentions and values of the ministry, Rev Nicholas felt the importance to refresh a new generation of RR leaders with the founder's sharing. Using the analogy of a tall, strong and growing tree, he highlighted the importance of its parts.

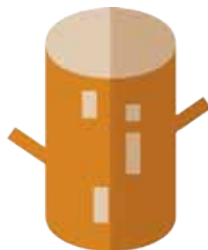
### ROOTS



### REACH

The intention of the RR ministry has always been to first reach out to children and youth for Jesus Christ, meeting their physical, mental, spiritual and social growth.

### TRUNK



### TEACH

Leaders need to be constantly inspired, trained and equipped for discipling, and developing godly relationships with the children and youth in order to be effective agents of change.

### LEAVES



### KEEP

As we serve, the transformation of the children and youth will take place. They will be like leaves that are seen by many and reach up toward the sun (Son) for their energy.





## Conversations With...

A conversation panel of leaders were sampled from each decade to share their experiences, memories and what RR means to them.

### Cmdr Thomas Sng

The longest serving senior commander for 26 years (1987 - 2013) at Emmanuel AG (Outpost #07). Currently serving on the RR Singapore National Staff team.



**L.E.G.A.C.Y** is how our **LiVEs Give And Calls** others to God, making it count as **You only live once...**



RR has certainly been **pivotal** in helping small churches **serve** the **community** in a meaningful way and contributing to the **growth of the church**

RR is like a **family** and a place where I gained deep and meaningful **relationships**



### Cmdr May Yeo

Began RR as a 5-year-old in 2002, journeyed through the entire RR program and completed the Youth Leadership Academy. Currently serving in Emmanuel AG (Outpost #07) as a leader.

RR is **unique** because God calls a bunch of "crazy" people to bring children and youth camping, in order to **minister** to them



### Cmdr Mark Sng

Joined RR since 1993 as an 18-year-old leader. He is currently serving in Faith AG (Outpost #11) and on the RR Singapore National Staff team.

### Cmdr Tan Kay Teck

Joined RR at 14 years old and was one of the members of the first RR boys group led by Rev Nicholas Choo and Rev Steven Teo in 1977. Currently serving in Bethel AG (Outpost #01) as a leader.



## AMAZING G-RACE

New and seasoned leaders gathered to learn about significant places in RR Singapore's history. In their teams, they visited these places, uncovered new places of interest and even made some new friends!



### SENTOSA

The first National Camporama was held here in 1988

### TRINITY @PAYA LEBAR

The launch event for the new RR program was held in 2000 before the new building was built



### PALM GROVE

This is where it all began with the first outpost meeting in 1977 by Bethel AG



### EAST COAST PA CAMPSITE

Pirates landed near the RR Camp in 1986 and raided the tents for valuables



### HOUGANG

The first RR Community Outreach-focused program started in this area

*"A new age is upon us!  
It is an age of jet travel, space  
consciousness, pleasure madness,  
and moral indifference.*

*Our children and youth are growing up  
in this overpowering environment.  
They will be the victims of it unless  
our church men and women do something  
to guide their energies and thoughts into  
right spiritual channels.*

**Action must be taken quickly"**

*Rev Johnnie Barnes*

## GET INVOLVED IN ROYAL RANGERS

Start an Outpost in your Church or Community • Invite 5-17 year olds to join the weekly meetings • Serve in your Church's Royal Rangers Ministry • Pray • Give • Share this article • Follow us on Facebook

### Contact Us For More Information

info@royalrangers.org.sg

www.royalrangers.org.sg

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## TOGETHERNESS - AG CHURCHES

# A New Beginning – Emmanuel@Everitt

*By Pastor Jireh Ang, Emmanuel AG*

*God is truly with us every step of the way.*

The story of Emmanuel began in 1958, in a rented single-storey terrace house at 25 Everitt Road. It was then a branch of Elim Church, and was called "Elim Chapel". The name "Emmanuel Assembly of God" was adopted in 1969 when the church became a sovereign church affiliated to the Assemblies of God (AG) of Singapore. As the Lord added more and more new souls to Emmanuel, our church outgrew its facilities.

From 1980, it became necessary to meet at rented halls for Sunday morning services. The Lord then provided for our growing needs, and our present site, at 165 Upper East Coast Road, was purchased in August 1985.



*Emmanuel AG church building at Everitt Road North then*



*Emmanuel AG church building at Everitt Road North now*

Seven years ago, we embarked on the journey to rebuild the single-storey terrace house at 25 Everitt Road North. Over the years, we had shared that space with other churches and organizations. Since then, the building had gotten older and was in desperate need of fixing. The church weighed the options of whether to sell that property away entirely or rebuild it. The decision eventually was to rebuild it.

When we began the process, we were faced with many unknowns. However, we knew we had to step out in faith, and carry out what God was calling us to do. This was the beginning of many faith-building lessons and miraculous provisions.

Right from the start, we needed God to come through with miracles. In order to rebuild the space, we needed to re-zone the building formally as a place of worship. After much prayer and intercession, God answered with our first miracle. We got the re-zoning approved! This was a very important miracle, because the property would now be marked as a place of worship in our nation's masterplan. This was a mountain that only God could have moved.

After overcoming this first hurdle, we started facing difficulties in getting approval for what we were trying to achieve at every turn. We had to go back to the drawing board many times. Nonetheless, we persisted and depended on the Lord for creativity and wisdom. One by one, we began to see the walls come down and favor was shown to us.

We are now about a month away from moving into our new building. We give God all the glory and honor for allowing us to complete the project, and to have a place where His name is lifted and worshipped. John 1:14 (MSG) says: *"The Word became flesh and blood, and moved into the neighborhood..."* We are very excited about launching our new campus and moving, with Jesus, back into the neighborhood.

We look forward for this to be a place where people can find hope, love and faith in Jesus, and where we get to live out our vision of being a caring family church that connects people with the love of Jesus. To God be the glory!

*Photo credit: Emmanuel AG*



*Side of the church building*



*Front door to welcome everyone*



*The worship hall*



# Trinity Goes Abroad! – Launching Trinity@Jakarta

By Trinity Christian Centre

Starting Trinity@Jakarta has been an exciting opportunity to expand the Kingdom of God and reaching out to the English-speaking community in Jakarta.

Once God opened the door for us to start Trinity@Jakarta, we immediately sent waves of Trinitarians to support the ministry there.

Section Leader Nathaniel Cheang shares how God had been growing the ministry:

“When Pastor Dominic asked me to lead the first wave to support Trinity@Jakarta, I could not ignore the tugging in my heart – it was time to go into the harvest field.

During the trip from July 26 to August 4, our band of 13 devoted seven days to prayer walking. It was a daunting task but we knew that if we obeyed, God would enable.

We praise God for the 35 people that came for the first seminar and the many first-time visitors in subsequent weeks. It will be exciting to see Trinity@Jakarta expand in the days to come.”



New friends joining us weekly

The hunger for God is so strong in the city. Since the launch of our ‘Potential to Fulfillment’ weekly seminars on August 4, the venue has been packed with people eager to live the transformed life. There were first-time visitors at every meeting and the special Independence Day celebration dinner on August 18 exceeded our expected capacity!

During Trinity’s Vision Month, we expanded Trinity@Jakarta by launching our first Celebration Service on September 3.



Attendees with their copy of Rev Dominic’s book “Potential to Fulfillment” as the weekly seminars launch

Believing for breakthrough, Trinity@Jakarta’s first Vision Faith Promise was held three weeks later on September 24.

Pastor Alana Mah reflects on her time with the new congregation:

“Starting Celebration Services during Vision Month had to be a God-led decision. Our four-part preaching series that month was about embracing our God-given vision by praying passionately, serving selflessly, building the body, and giving generously. Most who were coming to Trinity@Jakarta were still visitors. Were they ready to embrace Trinity’s vision? Were we pressing them too much too soon?

On the day of our Vision Sunday Service, we handed out our Vision Faith Promise cards and set up a box at the front. If the congregants wanted to sow in faith to build Trinity@Jakarta, they would have to leave their seats, walk forward, and deposit their completed Vision Faith Promise card into the box.

When the time came, it was amazing to see every person in that room rise from their seats to drop in their completed Vision Faith Promise card. Even the two children present that morning gave the little that they had.

The faith demonstrated by this four-week old church was amazing, a reminder of what it means to follow God even when it seems illogical by human standards. God moved mightily since the launch of our weekly meetings and we are very excited for what He is going to do in and through Trinity@Jakarta.”



Celebration dinner on Indonesia’s Independence Day



Invite your English-speaking friends and family living in Jakarta to join us!

## Weekly Empowerment Seminar - LEAD

Friday, 8pm  
Gedung Metro Pasar Baru  
Level 1, 204-205  
Jl H Samanhudi  
Jakarta 10710

## Celebration Service

Sunday, 10am  
Aryaduta Hotel (from Nov 12, 2017)  
Mezzanine Level, Ambassador Room  
Jl KKO Usman & Harun 44-48  
Jakarta 10110

[www.trinity-indo.asia](http://www.trinity-indo.asia)

Trinity@Jakarta



## TOGETHERNESS - AG CHURCHES

# Elim Lovers' Retreat 2017

*By Ashley Ng, Elim Church*

*An enriching and beneficial Lovers' Retreat which greatly helped the couples strengthen their marriages.*

My wife and I were very excited when we signed up for the couple retreat. We had never been to one before. All along, I had thought that a marriage that did not have any quarrels would be the perfect marriage. I was wrong about that. My fantasy of a beautiful marriage was never realized. We constantly had our differences in views and arguments. We tried to talk it out at times but it was not really effective at all.



*Ashley and Celine all ready to learn at the Retreat*

Finally, the opportunity came to make amends. Elim Church was organizing this couple retreat and my wife and I both signed up without any hesitation. At the end of it, we had no regrets. The retreat really assisted us in our relationship. Since the day we came back, we had been practicing what we had learnt from the retreat.

Speaker Steven Chan and his wife Michelle shared so many insights of their marriage that greatly helped us in our various struggles.

My idea of the perfect marriage totally changed. Marriage was not defined by whether there were quarrels, but by the way we communicated with each other. God should be at the center of all our interactions.

I remember clearly the first statement Brother Steven Chan shared, "Marriage is like a stock market, whether it is on the higher high or higher low, it must always trend upward."

It really made me understand that all things we argue about brings us closer to understanding the differences between us. It also makes the marriage a longlasting one. These disagreements cannot be the reason for distance between us.

We came to understand that God plays an important role in our marriage life. He is the third party who mediates everything. We learnt that holding our spouse's hand when we pray and worship together



*A group picture with all participants*

brings us closer than ever. We should not use busyness as an excuse not to do it. Even if we do it for only a minute, we can slowly progress from there. Since the retreat, my wife and I have been doing just that. It really brought us closer and we have come to understand each other better.

During the retreat, we had so much time to spend with each other. We were given time to really speak about what was on our hearts and to let our other halves know how we feel and what we think. These precious "just-us" moments gave us a chance to really understand the needs of our spouses.

We also learnt to encourage rather than discourage, and to use the right words instead of the hurting words that could not be taken back. As said in 1 Peter 3:10, it is important to control our tongue during such situations. Even during heated moments, we should seek God to mediate the situation, and through forgiveness, gain more love for each other.

We also learnt that the day we made our vows to each other, was the day we gave up our rights to each other. A couple's quarrel usually stems from the feeling that our rights were being violated. Things like "What I expect from you", and "How you should behave as a wife or husband", should be replaced with "it's my pleasure to be your other half", "I sacrifice for you" and "I want to treat you as my lover for life."

We even got the chance to relish in the memory of our courtship, remembering the sweet times we spent together before marriage, and of course, the reason why we got married. The organizer arranged a beautiful candlelight dinner for us, so that we could have a chance to discuss why we should stay in this marriage for the rest of our lives.

We realised that a marriage is a divine gift of God. It's God's idea for us to be together. Together, we are the imperfect perfect match.

We even discussed the differences between men's and women's idea of intimacy. From that, we gained a better understanding of the thought processes of men and women.

The most important takeaway from the retreat was the power of prayers. My wife and I have been practicing it since the retreat, and it is making a great difference. Our relationship got better and quarrels that used to last for days before, came to an end within minutes.

Total dependency on God is a must at every moment of our lives. Even before a quarrel starts, we can channel the energy to prayer. A family that prays together stays together. We learnt that the frequency of prayers is more important than the duration. A 30-second prayer together is better than a 30-minute prayer that doesn't happen.

The critical key is to help our spouses be open and vulnerable by listening, giving them 100% of our attention and removing all criticism. A good listener makes a good lover.

In conclusion, we are so grateful and blessed that Elim Church organized this Lover's Retreat. I urge all married couples, whether young or old, to attend this retreat.

We walked away from this retreat knowing that we, as husband and wife, are on the same team. It truly opened up the doorway to harmony and love in our marriage. Praise God!



# Celebrating Our National Day in Kampong Street 52 Style

*By Gabriela Lim, Harborlight Church*

*The Kampong Street 52 Style National Day event was a wonderful time of bonding and fun.*

What would have been a quiet morning at Pasir Ris Town Park, was transformed into a hub of games and food, where sounds of laughter filled the atmosphere. The morning was a cheery one, where months of planning and deliberation culminated into yet another successful outreach event.

This August, Harborlight Church, organized an outdoor event titled 'Kampong Street 52', where members gathered together to celebrate National Day along with some fun under the sun.

Held on August 9, the theme of 'Kampong Street 52' was well-integrated into the morning's activities, with a handful of old-school games brought back to life. Think Chaptchs, wooden-spinning tops, plastic balloons! Needless to say, this event was filled with much surprise and laughter from both the young and old, coming together to have a ball of time.

In an effort to minister to others outside the church community, our members took time to invite their loved ones to the event, and a total of 192 people showed up that day. The day started out with some icebreakers, where everyone was involved in playing a game of treasure hunt around the park to get our legs moving and grooving.

After getting to know one another, we went around the different game and food stations to kick off the morning. It was definitely a heartwarming sight to see people chatting with one another and bonding on a church-wide level.

"Our main goal was to have different age groups included in the games," said 21-year-old, Theong Xiao Han, one of the team members organizing the event. She said, "Bringing back the old-school games was a change and it was an exciting twist for everyone."

Of course, what is a National Day event without the iconic National Day songs? Pumping up the atmosphere with a dynamic sing-a-long session, our visitors and participants were treated to two of our worship team members singing some popular Singaporean tracks, such as "Where I Belong" and "Home".

We thank God for the wonderful event that turned out so successful – from the weather, the food, the planning to the great turnout of people coming and enjoying themselves. We believe that those we have reached out to were impacted and will desire to seek God and make Harborlight a community they can call home.

*Photo credit: Harborlight Church*



*Sure focus is key to winning this game*



*We will make our flags stand proudly*



*Let the little ones have fun too*



*Surely and steadily, I will win this game*



## TRANSFORMATION

# Healing on God's Terms

*By Joshua Isaac, Trinity Christian Centre*

*Adult life was just beginning for Joshua Isaac when a severe back injury threatened the future. Doctors pronounced a lifetime of incurable pain, but, not God. He recounts his five-year healing journey.*

During my National Service (NS) in 2012, I was posted to the Naval Diving Unit, where I planned to sign on. Hopes were soon crushed. During a training session, I felt a sudden sharp pain shoot through my back. I had sustained a prolapsed, herniated spinal disc.

At 23, it felt like a death sentence.

Over time, the spinal injury worsened. Doctors only had this conclusion: learn to endure the pain for the rest of my life.



Nov 11, 2013 – Trying to take the pain with a smile

### Pursuing God's dreams

Having completed NS and my naval career dashed, I revived the entrepreneurial calling God had long ago placed in my heart. The subsequent constant travel to India took a huge toll on my back.

In 2016, I found myself unable to move. As I lay bedridden for the next four days, I recalled Isaiah 53:4-5.

*"Surely Jesus took up our pain and bore our suffering,  
yet we considered Him punished by God,  
stricken by Him and afflicted.*

*But He was pierced for our transgressions,  
He was crushed for our iniquities; the punishment  
that brought us peace was on Him,  
and by His wounds we are healed."*

Claiming that promise, I cried out to God for healing, but heaven seemed silent. As doubts arose, the constant support of my carecell and church friends helped me focus on God's truth.



Feb 26, 2014 – #findingcomfortinthediscomfort

### Healing, God's way

In 2017, friends shared that Nathan Morris, a well-known healing evangelist, would be leading a Power Rally. It didn't look promising when I was seated far from the pulpit. As I recalled that God was with me, Pastor Nathan shared:

"I am just a man.  
You have got to believe in Jesus and not me.  
Don't focus on the man but focus on Jesus!"

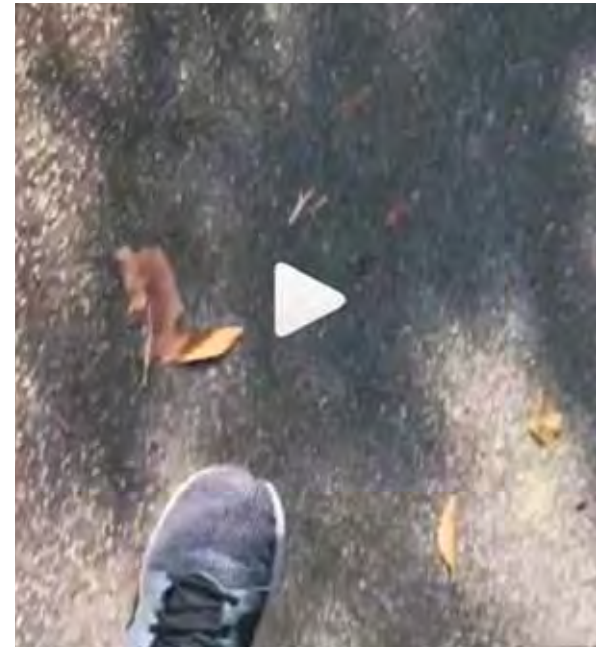
Instantly, I started calling on the name of Jesus. God's peace flooded my heart. I did not have to strive for my healing, I could just receive it!

When Pastor Nathan asked us to test out our healing, I twisted and felt that familiar, shooting pain. This time, instead of disappointment, I pressed into God's Word. Isaiah 53:4-5 continued to play in my head as I stepped into the shower. As the hot water hit my back, I suddenly realized something was different – there was no pain!

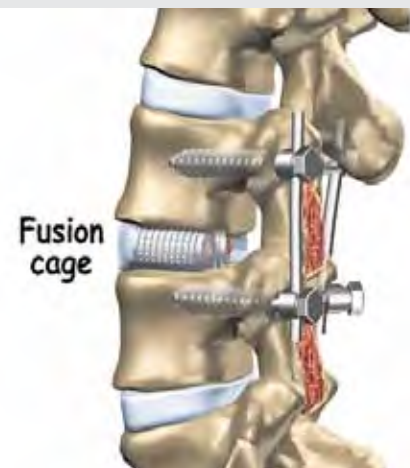
It felt too good to be true. Surely I would wake up to the usual morning back stiffness? Again, no pain! I tested out my healing again, this time with a run. No pain!

The same doctor who saw me writhing in pain a few months ago confirmed, this time, that there were no longer issues with my back!

*Photo credit: Joshua Isaac*



Apr 1, 2016 – From broken spine to a brand-new spine and joints. Jesus healed me.



"Spinal fusion is major surgery, usually lasting several hours. There are different methods of spinal fusion. Bone is taken from the pelvic bone or from a bone bank. The bone is used to make a bridge between vertebrae that are next to each other. This bone graft helps new bone grow."

Apr 16, 2016 – I don't need this anymore!

As I reflect on my five-year journey to healing, I recognize that God allowed me to come to a place where I could only rely on His strength, not man's. Only when I put my faith in His Word, I saw the miraculous hand of God at work.

Praise God for my healing miracle!



# Update of Ministry Trip to Indonesia

*By Ev Johnnie Tan, Healing Ministry  
– Jesus Power House*

*God worked powerfully during this ministry trip in May 2017.*

## Complete Healing from Stroke

When we were in this church last year, a sister asked us pray for her as she had a stroke which made it difficult for her to walk. When I went back to this church in May, she testified of how God touched and healed her. She came to me and told me that now, she is healed completely and can walk normally. Her husband was so thankful to God for healing his wife completely.

## Healing from Depression

A young lady in her 20s, who used to stay in Canada, was diagnosed with depression. When she returned to Indonesia, her condition worsened and she went into a deep depression. She thought of ending her life. When we were there last year, we prayed for her. We then encouraged her to use her gift in arts to paint some pictures for us. When we saw her this May, her countenance looked so much better. She told us that she was 70% healed. She started to show us her paintings and we thank God that in the midst of her depression, she could produce something so beautiful. Indeed, God has used her talent to help her overcome her depression. The next task we gave her was to describe the paintings in words and show it to us when we would meet again. We gave God all the glory for setting this sister free from deep depression.



*The sister (second from left) who was healed of her walking difficulty after her stroke*

## Ministry in Olive Community Church

God visited us when we were ministering in this church. The congregation was hungry. He honored their hunger and moved powerfully as we taught the Word and prayed for their needs. Some shared that when they received healing, they felt heat in their bodies as well as their backbones shifting into alignment!

## Ministry in Bogor Gbi Bes, in Citylight Church and in Kelapa Gading Living Bread Church

We thank God for the opportunity to minister and preach the Word to the Saints in these churches. These times of equipping and empowering were precious to the people and to us. We were glad to be used by God to share and teach the Word.



*Healed of depression and producing beautiful works*



*Praying for healing and needs of the congregation*



*Preaching and teaching the Word*



## TRANSFORMATION

# God Healed Me of My Anxieties



*By Jeremiah Chng, Moriah AG*

*When my anxieties were overwhelming, I turned to God, my mighty Healer.*

Let me share with you a story about how I got to know God, how He has transformed my life and blessed me abundantly.

I got to know God about two years ago when I was about 21 years old. Before I encountered Him, I was

experiencing some severe anxiety issues. Basically, severe anxiety is caused when someone is having too much stress. When a person is overly stressed, severe anxiety can cause a person to be affected physically, resulting in twitching for example.

At that time, I suffered severe anxiety to a point where I can be doing something like writing a sentence and all of a sudden, I would not be able to move mid-sentence and I would have to stop writing. I would struggle to get myself to finish writing that sentence.

Severe anxiety had affected me over a period of time. Once, I showered for almost an hour because I was struggling to pump the shampoo and body foam onto my hand to use them. Those severe anxiety episodes lasted for about a year and it was a difficult and dark phase of my life. I didn't expect anyone to understand what I was going through but I just want to let you know that God is the great and mighty Healer. He was there for me to heal my wounds and scars because He loved me whole-heartedly.

As an individual, I've always felt limited due to my severe anxiety issues but I've come to realize that God is unlimited. As the scripture says we can do all things through Christ who gives us strength. Furthermore, nothing is impossible with God.

Today I'm a healthy, confident, happy, joyful and sharp person. I'm ready to rise up to my God-given

potential because in Jesus' name, I have freedom and strength from Him. I'm just blown away by how God has healed and improved my life in such a magnificent way.

Being God's child is the greatest blessing that He has ever blessed me with. I can't express how grateful I am to be a child of God. Since encountering Christ, God is teaching me to be a more loving and kinder person.

All glory to God!



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