

Issue June 2022

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训练组报告

第四年神学训练班的报告

这训练班是为了中学毕业生而设计的，所以被安排在全国中学5年级鉴定考试 (SPM) 完结后，在2022年4月7到14日举行。这训练的目的是为了善用这些毕业生在等待SPM考试成绩放榜的时间，并且为他们能更好的预备下一个阶段的学习和生活而予以补强。大专生团契推动委员会受邀主讲一些与大专生生活有关的题目，例如：校园生活、在地方教会的大专生团契和校园布道等。主题和讲员的列表在下方。

参加者包括3名弟兄、1名男性慕道者和10名姐妹。他们当中的一些人被安排带领每天的祷告会。有3位参加者在见证会为主作见证。3位弟兄为了这训练的翻译献出了他们的时间。

主题

- 1 与大专生生活有关的题目
- 2 精神健康
- 3 哥林多前书
- 4 神学概论

讲员

大专生团契推动委员会
张惠颖姐妹
何西阿传道
吕那鸿传道

Report of Training Affairs

4th Year Theological Training Course

This theological training course was designed for the secondary school graduates; hence it was scheduled after the end of SPM examination from 7 th - 14 th April 2022. The purpose of this training course was to utilize the time while the graduates were waiting for their SPM results. This will give them a boost so that they will be better prepared for the next phase of their study and lives. The Tertiary Student Fellowship Steering Committee was invited to speak on some topics related to the life of a tertiary student, such as campus life, the tertiary student fellowship

in local church, campus fellowship and etc. The following is the list of topics and speakers.

The participants consisted of three brothers, one male truth-seeker and 10 sisters. Some of them were assigned to lead the daily prayer sessions. three participants bore testimonies for the Lord in the witnessing session. three brothers dedicated their time to the interpretation of this training course.

Topic Speaker

- 1 Topics related to the life of tertiary students
- 2 Mental health
- 3 The 1st Epistle to the Corinthians
- 4 The introduction to theology

Committee

Tertiary Student fellowship Steering
Sis. Chong Hui Ying
Pr. Hosea Hoo
Pr. Nahum Lim



线上全国大专生团契

哈利路亚，感谢主！2022年的线上全国大专生团契在4月3号星期日上午9点正式开始直到下午3时30分顺利结束，大约有40位大专生参与这次的团契。

首先，吕那鸿传道劝勉大专生的信仰必须时刻保持着一个平稳上升的状态，就好像以色列人登上锡安山时不断的往高处行。疫情已经剥夺了很多事奉神的机会，甚至是聚会及团契的时间；这导致我们的信仰滞留原地甚至会出现下滑的情况。登山的时候我们必定会陆续面对许多问题及阻碍，就像这条信仰的道路。不可能每一天都迎来风平浪静的日子，如果要确保信仰都在持续进步的状态下，就应当要有正确的心态。那就是要常常提醒自己这段路程将会是充满神的恩典与福气，这样就能在这过程中以更大的耐力及坚持去完成这条信仰的道路。

当然这次的团契也缺少不了诗歌分享的环节，八打灵教会的富美姐妹为我们准备了“在主爱中”这首美妙的诗歌。这首诗歌有提到“在基督裡，享受主爱，自由奔放乐开怀”。神在这个世上为众人创造了美丽的万物百态，为的是让我们不要有厌世的心态，身为神的儿女应该是一位积极、阳光、向上的青年，能为身边的人带来正面的能量而不是忧虑的情绪，在神创造的每一天里我们都要心存感恩与感谢。

青年组也为大专生准备了好几项团契的活动，这让许久未见的大家有了更深一步的交流机会，纷纷在活动中展露了久违的笑容。感谢主办方为大专生筹办了这一次的线上团契，愿主祝福每一位辛劳的工作人员，也求主继续带领及看顾大家直到再次相见，阿门！



Report of Youth Affairs

Online National Tertiary Fellowship

Hallelujah. Thank God, on 3 April 2022, 9 am - 3:30 pm, approximately 40 tertiary students joined in the Online National Tertiary Fellowship, and the event was carried out smoothly. Firstly, Pr. Nahum encouraged the tertiary students to maintain a steadfast faith with gradual improvement, likened to the Israelites who constantly ascended Mount Zion. We all know that the pandemic has deprived us of many opportunities to do divine work, and even the opportunity to attend service and to have fellowship with our brethren in church. As a result, our faith may have stagnated and even deteriorated. While ascending the mountain, we may face difficulties and obstacles one after another, just like our journey of faith. Life is never a bed of roses. However, if we are determined to have a faith that is constantly improving, we should start adopting the right attitude by reminding ourselves often that the journey ahead will surely be filled with God's grace and blessings. This way, we will be able to endure and persevere to complete our journey of faith.

The fellowship also included a hymnal sharing session led by Sis. Fu Mei from Petaling Jaya church, who shared with us the hymn, "In God's love". As the lyrics of this beautiful hymn say: "In Jesus Christ, we enjoy the love of God. Our hearts are set free and leap in the fullness of joy". God has created beautiful things on Earth for us so that we do not grow pessimistic during our life on Earth. In fact, as the children of God, we should strive to be proactive and optimistic, constantly moving forward in life and spreading joy, instead of negative energy to others. In our everyday lives, we should be grateful and thankful to God. In addition, the tertiary youth group also prepared a few fellowship activities. Even though the youths have not met for some time, the activities gave them a chance to learn more about one another and to find each of their long-lost smiles. A big thanks to everyone involved in organising the online fellowship this year! May God bless everyone abundantly for your hard work, and may God continue to guide and care for us till we meet again. Amen!



日期 Date : 29 / 5 / 2022

时间 Time : 2 - 5 pm

讲员 Speaker : 潘以赛亚执事 Dn Isaiah Phan

参与人数 Attendance : 32

北区 N.Region - 3, 霹靂区 P.Region - 4,

中区 N.Region - 19, 南区 S.Region - 6

题目 Topic :

1. 圣餐礼与逾越节 Holy Communion and Passover
2. 圣餐礼- 约翰福音6章之释义 Holy Communion - Hermeneutics in John 6
3. 圣餐礼- 对观福音中的设立 Holy Communion - Institutuion in synoptic gospels

牧养组报告

Joseph Matias传道于北区及霹靂区的牧养协助

(3月31日至4月25日)

我们感谢主耶稣，在经过了两年新冠肺炎大流行与行动管制令之后，疫情的情势逐渐地改善，我们能够再次邀请来自沙巴的 Joseph Matias 传道协助牧养说马来语的同灵，并在北区及霹靂区协助牧养、宣道、访问和区域性马来语灵恩会等工作。

北区灵恩会:

基于座位、分配管理和其他考量，灵恩会是在两处教会分别进行，即高鸟教会(星期五与六)与峇央峇鲁教会(星期日)。除了 Joseph Matias 传道之外，黄尼希米传道、哈该传道和许雅比斯执事也协助此圣会。

	星期五	星期六	星期日	详情
出席人数	23	60	21	
领受圣灵				1
圣餐礼				57 杯

霹靂区灵恩会:

灵恩会于打巴的Batu Lapan教会举行。协助的传道包括何西阿传道、Maleakhi Linggin 传道、Petrus Bah Man 执事与 Joseph Matias 传道。

	星期五	星期六	星期日	详情
出席人数	39	46	39	
领受圣灵				4
圣餐礼				26 杯

怡保灵修会与团契聚会:

灵修会与团契聚会于怡保教会举行，目的是为了未能参与在打巴Batu Lapan教会举行的灵恩会的同灵而办。

我们感谢沙巴总会和 Joseph Matias 传道的牧养协助。愿神继续带领在此说马来语的会众。

Report of Pastoral Affairs

Pastoral Assistance by Pr. Joseph Matias in Northern and Perak Region (March 31 to April 25)

We gave thanks to our Lord Jesus that after two years of Covid-19 Pandemic and the Movement Control Order, and the improving circumstances, once again, we were able to have the Pastoral Assistance from preacher from Sabah. Pr. Joseph Matias was here to assist in the Malay speaking congregation, assisting in Pastoral, Evangelical, Visitation and the Regional Malay speaking Spiritual Meetings in both Northern and Perak Regions.

Spiritual Meeting in the Northern Region:

The Spiritual Meeting was held in two places due to sitting capacity, logistic, and other considerations. It was held in Pengkalan Hulu Church (Friday and Saturday) and Bayan Baru Church (Sunday). Besides Pr. Joseph Matias, Pr. Nehemiah Ooi, Pr. Haggai Pelin and Dn. Jabez Khaw assisted in the event.

	Friday	Saturday	Sunday	Details
Attendance	23	60	21	
Received Holy Spirit				1
Holy Communion				57 cups





Spiritual Meeting in Perak Region:

The Spiritual Meeting was held in Tapah Batu Lapan Church. Pr. Hosea Hoo, Pr. Maleakhi Linggin and Dn. Petrus Bah Man with Pr. Joseph Matias assisted.

	Friday	Saturday	Sunday	Details
Attendance	39	46	39	
Received Holy Spirit				4
Holy Communion				26 cups

Spiritual Nurture Meeting and Fellowship Service in Ipoh:

The Spiritual Nurture Meeting and Fellowship was organized in Ipoh Church for those who were unable to attend the Spiritual Meeting in Tapah Batu Lapan (Saturday night and Sunday)

We thanked Sabah GA and Pr. Joseph Matias for the Pastoral Assistance. May God continue to guide and lead the Malay speaking congregation in these regions.

学务组报告

2022年全国初级班圣经营

2022年线上全国初级班圣经营在6月6号至9号于线上展开，虽然马来西亚的防疫禁令已经开放，但是基于考量了种种状况之后，总会学务组决定仍然开办线上圣经营。而一些区域的地方教会则安排了所属学员们一起聚集在教会上线参与，而那些无法到教会的学员则居家上网课。

负责授课的讲员是何何西亚传道、周阿摩司传道与陈路得女执事，4位翻译者，12位协助员，参加的学员共有80位。感谢神的带领，一切均顺利进行。

Report of Education Affairs

The National Junior Youth Bible Camp Year 2022



The National Junior Youth Bible Camp was conducted online from the 6th to 9th June, 2022. Although the restriction imposed in Malaysia has been lifted, GA Education Affairs decided to conduct the Bible Camp online after considering various factors.

Local churches in some regions have arranged for their students to gather physically at the church to join the Camp online. However, students who could not participate at church joined the online Camp from their respective homes.

The lecturers were Pr. Hosea, Pr. Amos, and Dns. Ruth Chin, with 4 interpreters, 12 camp facilitators, and 80 students. Thanks to the guidance of God that everything went smoothly.

网络及媒体座谈会(上集) 17/04/22 — 陈锦荣传道

宣道组报告

Report of Evangelical Affairs

Report on the Internet and Media Ministry Forum (1) 17th April 2022 — Preacher Chen Jin Rong

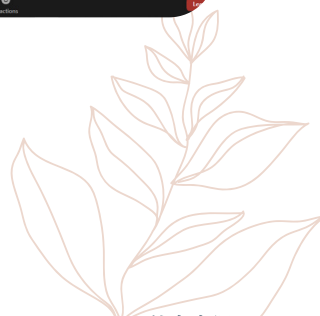
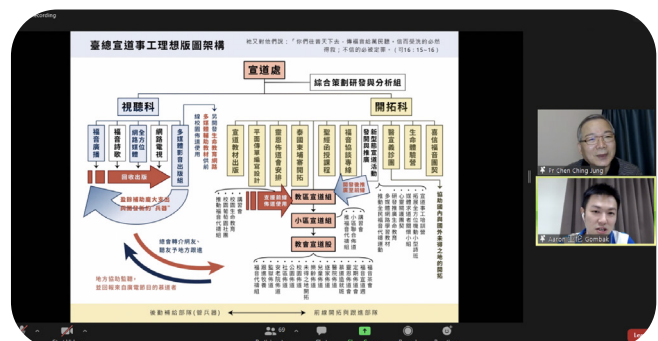
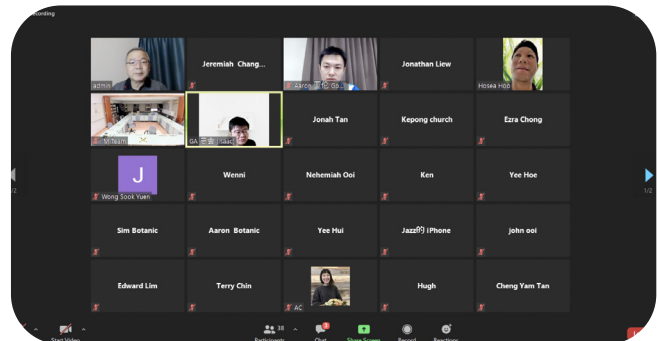
credit to - www.freepik.com

何何西亚传道以鼓励的话和祷告带领座谈会的开始。参加人数大约70人。

陈锦荣传道开始介绍台湾总会的宣道工作。当时的宣道是以地面和空中的方法做宣道的工作，陈传道也介绍了台湾总会宣道处-视听科的成立及工作范围，以及开拓科的成立来见证神是怎么引领当时宣道的工作。虽然各方面都缺乏，但在神的带领和各方面尽力之下，克服了遇上的瓶颈和困难，终于把总会的视听宣道工作建立起来。陈传道除了分享视听科挑战的事宜之外，也与大家共享台湾在视听宣道媒体的发展。陈传道也鼓励西马也要有决心发展视听宣道媒体，靠神完成被托付的工作。

Preacher Hosea Hoo commenced the Internet and Media Ministry Forum with words of encouragement and a prayer. The number of participants was approximately 70.

Preacher Chen Jin Rong began with the introduction of the missionary work of Taiwan General Assembly. At that time, the Evangelical work was done by means of ground and air modes. Preacher Chen also introduced the establishment and scope of work of the Taiwan GA Evangelical Office – Audio-Visual Division, as well as the establishment of the Pioneering Division to testify how God led the evangelical work. Although it was lacking in all aspects, however under the guidance of God and the best efforts of all parties, they overcame the bottlenecks and difficulties encountered and finally established the Audio-Visual evangelistic work of the General Assembly. In addition to sharing the challenges of the Audio-Visual Division, Preacher Chen shared the development of the Audio-Visual media evangelism in Taiwan. He encouraged churches in West Malaysia to have the determination to develop the Audio-Visual media and rely on God to complete the work that has been entrusted to us.





陈传道也分享我们真教会传福音的责任来讲述真耶稣教会的信徒要积极做传福音的工作，因为这是耶稣的交代。我们都是联属基督，不论我们处在这世界的任何一个角落，我们都是这基督身体的一部分。

Preacher Chen also emphasised the responsibility of our True Church to preach the gospel and reminded that the believers of the True Jesus Church should actively do evangelical work, because we are held accountable to Jesus. We all belong to Christ, so no matter where we are in the world, we are part of the body of Christ.



陈传道分享了宣道处编写了有关宣道的书，鼓励西马也可以编写更多此类的书籍。

陈传道介绍了一位施弟兄信主之前的经历，传道是如何引用了这本书讲解圣灵的道理给这弟兄的姐夫听之后，传道也把这本书送了给他。后来，他两个礼拜之后得圣灵，来信主。



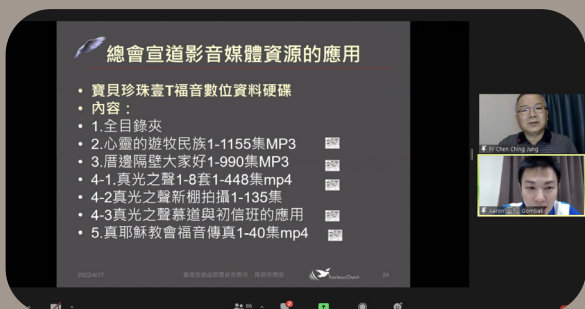
Preacher Chen shared that the Evangelical Affairs has written books on evangelism and encouraged the members in West Malaysia to write more books of this kind.

Preacher Chen continued to talk about the experience of a brother named Shi before he believed in the Lord. The preacher quoted this book to explain the doctrine of the Holy Spirit to the brother-in-law of brother Shi and he also gave the book to him. Two weeks later, he received the Holy Spirit and came to believe in the Lord.



传道继续分享如何应用媒体做传福音的工作。传道也勉励无论做什么样的媒体，都要以真理为主题。台湾总会出版了一个媒体硬碟：宝贝珍珠硬碟（1997 - 2018年）所做的影音媒体内容。

Preacher continued sharing on how to use the media for evangelism. Preacher also exhorted us that no matter what kind of media work we do, it must based on the truth. The Taiwan General Assembly published a media hard drive: Audio-visual media content made by Baby Pearl Hard Disk (1997 - 2018).



传道强调台湾总会所做的影音媒体是有功效的，传道继续分享见证有人如何听了教会的广播之后来信主。

The preacher asserted that the audio-visual media made by Taiwan General Assembly is effective. The preacher continued to share a testimony about how someone came to believe in the Lord after listening to the church's broadcast.



黄尼希米传道以勉励的话和祷告结束这一集的座谈分享。Preacher Nehemiah Ooi concluded the first part of the Internet and Media Ministry Forum with words of encouragement and prayers.

网络及媒体座谈会(下集)

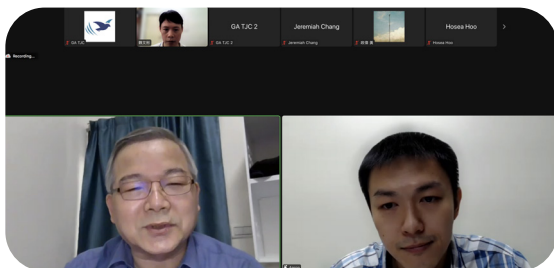
24/04/22

First Report on the Internet and Media Ministry Forum 22th April 2022

4月24日是网络及媒体座谈会的第二部分，依然是何何西亚传道以鼓励的话和祷告开始。

在陈传道介绍后，台总宣道处网路专员赖文彬弟兄率先为大家解释了宣道媒体的现行工作实务，工作的项目等等。赖文彬弟兄非常详细地解说了，

- (一) 如何设立网路环境时应有的装置与维修，可以租借电信公司的防火墙以节省更多的成本来购买新机。线路布置时应该考量的维护与管理，建议使用当下最好的线路速度及线路材质，最好是10GBI以上的网速线路及材质。
- (二) 伺服器及机房的设立与维修、保存旧资料等。
- (三) 各种防毒软体、工具软体与开发软体等等的定期购买（正版）及其续约的问题。
- (四) 网站建置是属于专业性质，在之前需要讨论其概念、方向和目标，也要有美工及程式设计的人才。网站的动态必须容易上传与更新。并要注意网站的硬体与软体及程式维护，以避免被骇客攻击和资料被盗取。网站管理方面则需要有系统且有熟悉系统的专人。在网站、页面及内容更新时要仔细查看资料是否会损坏或流失。
- (五) APP 程式开发与维护。提及Android 和 IOS 两个程式开发状况。
- (六) 资料整理与分析，可以利用Google analytics等工具做数字统计分析。
- (七) 资料备份与合作，需要定期做资料库的备份。



April 24th was the second part of the Internet and Media Ministry forum. Preacher Hosea Ho began the forum with words of encouragement and prayer.

After the introduction from Preacher Chen, Brother Lai WenBin, the network commissioner of the Taiwan GA's Evangelism Office, took the lead in explaining the current work practices, work projects, etc. of the media evangelism. Brother Lai WenBin explained the following in great detail.

- (1) How to set up the network environment with the necessary equipment and maintenance. Rent a firewall from a telecommunication company to save money for the purchase of new equipment later. During the planning process of installing network cables, consider the future maintenance and management of it. It is recommended to use the best cable speed and material at present, preferably cables and material above the speed of 10GB.
- (2) The establishment and maintenance of servers and computer rooms, preservation of old data, etc.
- (3) Regular purchases and renewal of various genuine anti-virus software, utility software and other software for development, etc.
- (4) The construction of the website is of a professional nature. Prior to it, it is necessary to discuss its concept, direction and goals, and there should also be talents in art and programming. The dynamics of the website must be easy to upload and update. Pay attention to the hardware and software, and program maintenance of the website to avoid hacker attacks and data theft. In terms of website management, there is a need for a system and a person who is familiar with the system. Carefully check for damage or loss of information when updating the website, pages, and content.
- (5) APP program development and maintenance. Keep up to date with the development status of both Android and IOS programs.
- (6) Data sorting and analysis, you can use Google analytics and other tools to do digital statistical analysis.
- (7) Data backup and cooperation, the database needs to be backed up regularly.

休息十五分钟后。是台总宣道媒体影视专员黄政伟弟兄讲解。他先分享了目前台总的视听项目共有4个主要的项目：
1)真光之声 2)福音传真 3)延伸神学 4)日光美乐地

After a fifteen-minute break, the session was handed over to Brother Huang ZhengWei, the media and audio-visual commissioner of the Taiwan GA. He first shared that there are currently 4 main audio-visual projects in Taiwan General Assembly:

1)Voice of True Light 2) Truth via Gospel 3) Extended Theology 4)Sunlight Melody.

所有的影音的内容都上載至喜信网路家庭的网站；该网站是一个拥有完整资讯的官方主题网站，内容包含圣灵月刊的文字内容；有广播的节目及所有影音的内容。

All the audio-visual content are uploaded to the website <https://joy.org.tw>; this is an official themed website with complete information including the text content of the Holy Spirit Monthly; there are broadcast programs and all audio-visual content.

回首过去，台总摄影棚的演进。从单一的背景到进入虚拟背景的演进过程。

Looking back on the evolution of the Taiwan GA's film studio, the process evolved from a single background to a virtual background.

真光之声在电视台的播放截止至2018年底，除了昂贵的播托费用的原因，另外也是因为新媒体等各种网络影视平台的崛起，让民众不再单一的依赖电视台。

The Voice of True Light was broadcasted on TV until the end of 2018, this is because people no longer relied solely on TV stations due to the high cost of broadcasting and the rise of various online platforms.

各种原因促使了台总宣道媒体影视的转型，一步步地学习录制的过程，我们一直寻找适合的方式和器材，右边的3个图是在最初的阶段里所搭建简易的模拟背景。

Various reasons have prompted the transformation of media and audio-visual evangelism in Taiwan GA. Through step-by-step learning of the recording process, we are constantly looking for suitable methods and equipment. The three images on the right are the simple simulation backgrounds built in the initial stage.

影視節目

真光之聲
聖經帶給我們的
啟示是什麼呢？
讓「真光之聲」
講道節目告訴您！

福音傳真
每集會邀請一位受訪者，
講述他/她的生命見證

延伸神學
傳遞按主題或經卷方式培訓
使信主的人也透過網路上課

日光美樂地
請學有專長的老師，分享
信仰與生活的點點滴滴

喜信視聽中心

喜信網路家庭

喜信網路家庭
網際網路-無遠弗屆 JOY.org.tw

1. 內容上傳至網路後，在世界各國的信徒可以方便取得屬靈的糧食。
2. 渴慕真理的朋友們也有機會搜尋到真耶穌教會的相關資訊。
3. 主要以中文/華語的網站內容。(涵蓋文字、廣播、電視影音)
4. 積極更新完善的網站平台。

喜信視聽中心

總會攝影棚演進

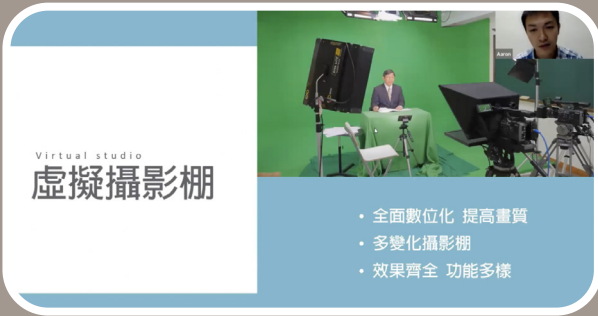
2004/10	2004/12	2015/5	2015/6
位於總會四樓開始動工	攝影棚以實物搭建背景 並且可以更換的背景主題	改建虛擬攝影棚 並加強隔音及空調設備	虛擬攝影棚建置完成 並且全面進入FULL HD 規格

攝影機
背景
合成後畫面
現場畫面

尋找可用的資訊 評估可行性方案

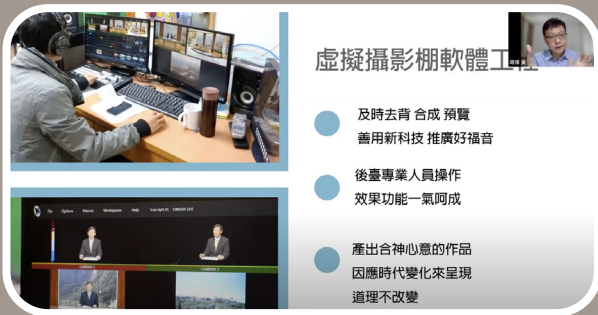


虛棚
簡易運用



Virtual studio
虛擬攝影棚

- 全面數位化 提高畫質
- 多變化攝影棚
- 效果齊全 功能多樣



虛擬攝影棚軟體工程師

- 及時去背 合成 預覽
善用新科技 推廣好福音
- 後臺專業人員操作
效果功能一氣呵成
- 產出合神心意的作品
因應時代變化來呈現
道理不改變

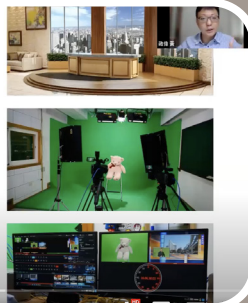


虛擬攝影棚

NewTek TriCaster 工作站

新穎自2015完工後，主要錄影「真光之聲」節目，再來是「証信神學」未來繼續開發新節目，產製其他性質的福音節目。

- 變化性提高 (過去受限於實景與空間的問題，僅能作單一性的內容，現在背景一更換即可)
- 階段性成長 (視聽中心必須隨著媒體科技的進步，也要跟上Fusion 1.0 腳步，當然很多技術性需要克服)
- 效率性提升 (數位化的錄影系統，所有工作檔案都是以網路傳輸，就可直接調出或線上觀看輸出。)



通过不停的测试录制效果；发现如果要呈现满意的影视效果，也必须要拥有高品质的摄像机及灯光的辅助。

The recording effects through constant testing, we found out that if you want to present a satisfactory visual effect, high-quality cameras and supplemental lighting are a must.

这就是目前建置完成的虚拟摄影棚的状态。新的摄影棚的名字是NewTek TriCaste，在背景更换上极其方便快捷，制作时间大大的缩短，效率也提升了。因为进入无带化的阶段，並也达到Full HD规格。

This is the state of the virtual studio that has been built so far. The name of the new studio is called NewTek TriCaste. It is extremely convenient with quick-to-change background, and the production time is greatly shortened. As it has entered the stage of tapeless recording, the efficiency has also been improved.

因为影像需要去掉原有的背景，再将人物与新背景合成，並随时可以在电脑上预览合成的效果；所以控制室里操作的工作人员需要接受专业训练。

感谢神给予台总这样的机会能进行新的尝试，一步一脚印走到今天，也經過好多次的摸索测试，通过学习，同工们其实都收获满满。也感谢神让我们在专业服事圣工这一方面能造就教会。

哥前14:12 你们也是如此，几时切慕属灵的恩赐，就当求多得造就教会的恩赐。

林后8:12 因为人若有愿做的心，必蒙悦纳，乃是照他所有的，并不是照他所无的。

The operators in the control room need to receive professional training. They need to be able to remove and replace the original background with a new one spontaneously i.e., in real time without affecting the person on camera.

I thank God for giving Taiwan GA such an opportunity to make new attempts. Step by step, we have gone through many trials and tests to this day, and our co-workers have gained a lot from their learning. I also thank God for allowing us to edify the church in the aspect of professional ministry.

Even so you, since you are [d]zealous for spiritual gifts, let it be for the edification of the church that you seek to excel.
~ 1 Corinthian 14:12

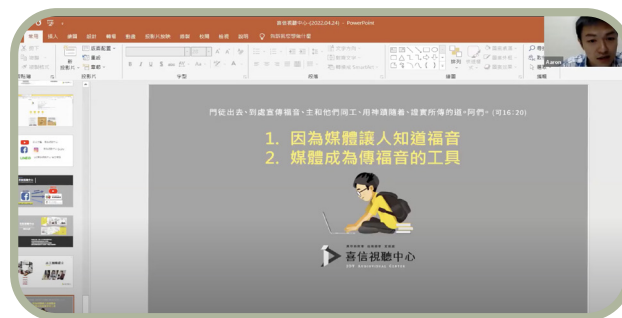
For if there is first a willing mind, it is accepted according to what one has, and not according to what he does not have.
~ 2 Corinthian 8:12

随后黄政伟弟兄也播放一段“如何录制真光节目”的视频，让大家了解摄制影音的流程；他说到福音证道应该是首选的影音内容。第二部分的内容专案是有关生命见证的影片；並也播放一段如何策划、筹备拍摄生命见证的影片。第三部分的内容企案是生活与信仰的部分，会倾向于亲子教养、青少年课题、家庭关系等的生命教育范畴里面。制作完毕的影片会被上传到教会的官方网站，会定期透过优推Youtube, 面子书、Instagram 等平台来推广宣传新上架的内容。

黄弟兄也申明了影音的制作是需要一组专职团队，如影像剪辑、视觉设计、文案企划及拍照摄影等专业人员，再搭配志工的协助才能完成。最后他说在做福音媒体这些年当中认知两个重点，1) 无论是音影媒体、文字及网站，这些都是传福音的工具，2) 为的是让人都能认识真神，来到教会接受福音。

座谈会的问题环节也列出参与者对于网络媒体的疑问，赖文彬弟兄与陈传道都尽量为大家做了详细的解答。最后黄尼希米传道以勉励的话和祷告结束第二集的座谈分享。

Later, Brother Huang ZhengWei also played a video of "How to record True Light program" to let everyone understand the process of making audio and video. He said that the gospel sermons should be the preferred audio-visual content. The second part of the content is a video about life testimony. He also showed another video of how to plan and prepare for the shooting of life testimony. The third part of the content was about life and faith, pertaining more to the category of life education such as parenting, adolescent issues, and family relationship. The finished video will be uploaded to the church's official website, and the content will be promoted through Youtube, Facebook, Instagram and other platforms on a regular basis.



Brother Huang also stated that the production and completion of audio-visual projects requires a team of professionals with skills such as video editing, visual designing, copywriting and photography, as well as assistance from volunteers. At the end, he said that in the years of doing gospel media, he has recognized two important points: 1) **whether it is audio-visual media, text or websites, all these are the tools for evangelism**, and 2) **to make people know the True God and come to the church to accept the gospel**.

The Q&A section of the forum also listed the participants' questions about the online media. Brother Lai WenBin and Preacher Chen both tried their best to give detailed answers to everyone. Finally, Preacher Nehemiah Huang ended the second part of the seminar with words of encouragement and prayer.



中区长执与执委禁食祷告会 17/04/22 Central Region Ministers and CMC Fasting and Spiritual Nurture Session 17th April 2022

中区长执与执委会委员禁食祷告会于3月20日在鹅唛教会举办，本次主题为“我愿像你”。祷告会在早上6时30分以祈求灵恩的祷告会开始，由张约珺传道带领。其他讲员为吕那鸿传道、许哈巴谷传道、郑安德烈长老、蔡西拉执事及陈路得女执事。中午1点再以祈求灵恩的祷告会结束。

共有80位来自中区的长执及执委参加了这次的祷告会。同时也有提供线上链接让无法到场的参与者。

The CR Ministers and CMC Fasting and Spiritual Nurture Session was held in Gombak church on 20th March 2022. The theme was "To be like thee". The programme started at 6:30 am. with the first prayer session for spiritual grace led by Pr. Joel. Other speakers included Pr. Nahum Lim, Pr. Habakkuk Hee, Eld.

Andrew Tee, Dn. Silas Chuah and Dns. Ruth Chin. This event ended with a prayer for spiritual grace at 1:00 pm.

A total of 80 CR ministers and CMC members participated. An online link was also provided for those who were unable to be present in Gombak church.



2022年中区少年班



感谢神的恩典，中区少年班圣经营能顺利地于八打灵教会于4月30日至5月3日（周六至周二）举行。这次共有59位学员，8名在线参与者和5位未受洗的孩子参与。在考量疫情的状况后，决定不允许学员们在教会留宿。感谢神美好的安排，圣经营落在周末和公共假期内进行，如此也方便父母们载送孩子。

此次的圣经营也安排了彭大勇实习传道教导学员们关于圣经的课程，7名长执带领祈求圣灵的环节，10名协调员协助营中的活动，22名助手，8名干部管理人员及4组炊事组。最后，我们赞美神的怜悯，孩子们都非常迫切地祈求圣灵。

共有7只小羊也得到了圣灵，有10位则受圣灵感动。感谢我们的主耶稣，学员们都能满满地将以下的道理收获回家 -

1. Bible 1-10 圣经 1-10
2. Holy Spirit 圣灵
3. 1 Timothy 4:12 提摩太前书 4:12
4. Beautiful Hymns 美妙的诗歌
5. Internet Ministry Skills 网络事工技术
6. Friendship 友谊
7. F=aith U=nity E=endurance L=ove (F.U.E.L) 信心、团结、忍耐、爱心

愿神继续按照祂美好的旨意和工作祝福每一位小孩子。以马内利！



Central Region Upper Primary Bible Camp 2022

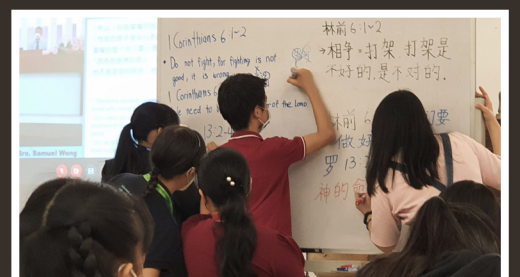
Praise and thank our Lord Jesus for a successful Central Region Upper Primary Bible Camp (CR UPBC 2022) at Petaling Jaya church from 30th April to 3rd May 2022 (Saturday to Tuesday). The camp had 59 physical attendees, 8 online participants, and 5 non-baptised friends. This time, things were a bit different as students were not allowed to stay in church due to the COVID-19 pandemic. Nonetheless, parents had no difficulty to drop and pick their children to and from the Camp. It was also a beautiful arrangement of God that all the days were during weekends and public holidays.

Praise to our Lord for providing trainee preacher Isaac Pang to assist in the Bible study 1 - 10 sessions, there were seven ministers assisting with the prayer for Holy Spirit sessions, 10 facilitators assisting with the camp projects, 22 helpers, eight ground managers, and four

cooking teams. Ultimately, we heartily praise God for His great mercy, as seven young lambs received the Holy Spirit and ten were touched by the Holy Spirit, while the other little ones prayed earnestly for the Holy Spirit bestowment. Finally, glory to our Lord Jesus for the campers were able to bring home:

1. Bible 1-10
2. Holy Spirit
3. 1 Timothy 4:12
4. Beautiful Hymns
5. Internet Ministry Skills
6. Friendship
7. F=aiith U=nity E=ndurance L=ove (F.U.E.L)

May the Lord continue to bless each young child with His beautiful will and work. Immanuel!





TIME	SPEAKER	INTERPRETER
8.00-9.00AM	Pr Nahum Lim 吕那鸿传道	Bro Aaron Chung 曾志辉弟兄
9.20-10.20PM	Dn James Tan 陈雅各执事	Sis Cynthia Ang 洪欣恩姐妹
10.40-11.40AM	Pr Nahum Lim 吕那鸿传道	Bro Aaron Chung 曾志辉弟兄
12.00-1.00PM	Dn Jeremiah Chang 张耶利米执事	Sis Cynthia Ang 洪欣恩姐妹

中区的禁食祷告与祈求圣灵聚会

中区2022年第一次禁食祷告与祈求圣灵聚会于5月15日在八打灵教会举行。除了必须戴上口罩，这也是大家第一次能在无限制保持社交距离情况下举行祷告会。本次讲员为吕那鸿传道、郑安德烈长老和陈雅各执事。共有209位中区的长执和信徒参加了这次的聚会。

Central Region Fasting and Prayer for Holy Spirit Session

The first CR Fasting and Prayer for Holy Spirit Session of year 2022 was held on 15th May at Petaling Jaya Church. This was the first Central Region Fasting and Prayer session that was held without restrictions on physical distancing except masking requirements. Our speakers were Pr. Nahum Lim, Eld. Andrew Tee and Dn. James Tan. A total of 209 CR ministers and members participated in this event.

宣道组报告 Report of Evangelical Affairs

宣道组在2022年7月后的线上福音活动如下：

The Evangelical Department's online gospel activities from July in 2022 are:

华语与英语福音线上播放日期

The online broadcast date of the gospel in the Chinese & English languages

日期Date	讲员Speaker	题目Topic
16/7/22	张以斯拉传道 Pr. Ezra	② 被人忽略的洗脚! The Neglected Foot-washing
20/8/22	张以斯拉传道 Pr. Ezra	② 洗脚只是犹太人的习俗? Is Foot-washing merely a Jewish Custom?
17/9/22	周阿摩斯传道 Pr. Amos	① 不祭拜祖宗就是不孝? It Is Unfilial Not to Worship Our Ancestors?
15/10/22	陈但以理传道 Pr. Daniel	① 我命由我不由天! ? I Decide My Destiny, Not God!?
19/11/22	张约珥传道 Pr. Joel	② 圣餐的意义 The Significance of The Holy Communion
17/12/22	张约珥传道 Pr. Joel	② 如何正确预备圣餐? How to Prepare The Holy Communion Correctly?

即将来临的活动! 7月份 - 9月份

Up-coming events! July-September

7月份 July

17/7

National Youth Hermeneutics Training III
- Semantics
全国青年释经学训练 - 语义学
Zoom 云端视频
Dn. Isaiah Phan 潘以赛亚执事

23-24/7

Eastern Hemisphere Youth Fellowship
东半球青年联谊会 Zoom 云端视频

23-24/7

Truth Research Committee Meeting
真理研究会会议

25-29/7

Preachers Spiritual Nurture
传道者灵修会



8月份 August

13-14/8

GA Exco Meeting (17th EXCO 8th Meeting)
总会负责人会议 (第17届第8次)
GA office 总会

13-14/8

National New RE Teacher Training (1)
全国新教员训练 (一) Zoom 云端视频
Dns. Ruth Chin 陈路得女执事,
Pr Nahum Lim 吕那鸿传道

20-21/8

National RE Counsellor Training
全国宗教教育辅导员训练 Zoom 云端视频
Dns. Ruth Chin 陈路得女执事,
Pr Nahum Lim 吕那鸿传道

26-28/8

Tamil Speaking Spiritual Meeting
淡米尔文灵恩会 Kajang Utama 加影先锋镇
Pr. Joel Chong 张约珥传道,
Pr. Simon Daniel (India) 西门传道(印度)

27-28/8

National New RE Teacher Training (2)
全国新教员训练 (二) Petaling Jaya 八打灵
Dns. Ruth Chin 陈路得女执事,
Pr Nahum Lim 吕那鸿传道

31/8

National Minister Meeting
全国长执会 Petaling Jaya 八打灵

9月份 September

4-9/9

National Malay Speaking Bible Camp
全国马来语圣经营
Pr. Ezra Chong 张以斯拉传道,
Pr. Habakkuk Hee 许哈巴谷传道
Pr. Malachi 玛拉基传道, Pr. Haggai 哈该
传道, Dns. Ruth Chin 陈路得女执事

17-18/9

National New RE Teacher Training (3)
全国新教员训练(三) Zoom 云端视频
Dns. Ruth Chin 陈路得女执事,
Pr Nahum Lim 吕那鸿传道

18/9

National Youth Hermeneutics Training
IV - Contextd 全国青年释经学训练-语境
Zoom 云端视频
Dn. Isaiah Phan 潘以赛亚执事

24-25/9

2nd National Tertiary Student Fellowship
第二次全国大专生联谊会
Olive Garden 橄榄园
TP. Isaac Pang 冯大勇实习传道,
Pr. Nahum Lim 吕那鸿传道

宗教教育栏目

自我管理



前言:

身为孩子的我们会认为父母很爱管我们;但是,我们是否有想过为什么父母要这样做呢?那是因为父母对我们有一定的要求;就因为要求,所以父母想把我们管教好,使我们成为有用的人。

今天,我们不单单是我们父母的孩子;我们也是父、神的儿女。因此,神对我们也有一定的要求。就是要我们尽心、尽性、尽意,爱主我们的神;其次就是要爱人如己(太二十二37-40), (路十27), (可十二30-31)。

除了神和父母都对对我们有要求之外,我们自己本身也应当要对自己有所要求。因为,有要求,才会有长进。

事实上,我们若要成为一个有用的人、若要做到尽心、尽性、尽意,爱主我们的神并爱人如己、若要看到自己长进的话;自我管理是必要的条件。

什么是自我管理?

所谓自我管理,就是指个体对自己本身,对自己的目标、思想、心理和行为等等表现进行的管理,自己把自己组织起来,自己管

理自己，自己约束自己，自己激励自己，自己管理自己的事务，最终实现自我奋斗目标的一个过程。

约瑟把自己管理得非常好，值得我们学习。虽然被哥哥们买到埃及，但在这恶劣的情况下他仍能让自已清楚自己的人生目标乃是要依靠神、不做得罪神的事。因此，他凡事尊主为大；认为一切所遭遇的事都有神美好的旨意。所以，他可以这样的对哥哥们说：“从前你们的意思是要害我，但神的意思原是好的，要保全许多人的性命，成就今日的光景。”（创五十20）

除此之外，当波提法的妻子诱惑他时，他一再的拒绝，不受诱惑；将自己紧紧的约束着，并清楚知道自己不可做这大恶得罪神（创三十九8-9）。约瑟能够在这一系列发生在自己身上的事忍耐到底，虽不知自己以后的路将会是怎样的路，但他仍能自己激励自己，不断的靠着神做好自己的本分

为什么自我管理很重要？

在我们的日常生活当中，自我管理扮演着很重要的角色；因为它是一个重要的生活技能。自我管理能够满足我们的成就感，也能提高我们的增长和成功机会。

自我管理的策略

- **监控** - 首先，你可以在每晚临睡前，把明天打算或需要完成的事情列成一份清单，清单内容包括：要做的事情、预算完成的日期、能否完成事情、实际完成的日期或情况、不能完成事情的原因、对处理事情的满意程度评估，及强化或改变将来处理这类事情的方法。可参考以下的格式(行数自订)。若你能够找到一位朋友或家人作你的公正人，必然加强自我监督的持久性。

例如下列表格：

要做的事情	预算完成的日期	能否完成事情	实际完成的日期或情况	不能完成事情的原因	对处理事情的满意程度评估	强化或改变将来处理这类事情的方法
背诵10个经文	本週末前	一半	只有两晚可以完成	一天课业太多，一天生病	25+10=35分	降低目标或尽力在学校完成作业
阅读一本圣灵月刊	本月底	否	只读了两页	无法抽出时间	0-0=-0分	在下一个月里再安排时间

- **评估** - 你可以定一套适合自己的评估计分法。例如：凡能够完成所定事情，便得50分，凡有以下情况，每项可加10分(准时完成；提早完成；不需别人催促地完成；提高水准地完成；减省人力地完成；减省开支地完成)，凡有以下情况，每项需扣10分(延迟完成；别人多方催促才完成；水准急降地完成；增加人力地完成；增加开支地完成)，完全不能完成事情得0分，完成一半可得25分，但因以下情况不能完成事情可每项加10分(生病；意外；天灾；别人骚扰)。

• 加强 -

时间管理/反拖延策略

- 列为优先
- 计划
- 把事项分细腻些，以便容易处理
- 目标设定(箴二十一5)
- 具体
- 使用所有的时间(弗五15-17)
- 行动建立气势
- 作出承诺 ~ 设定一个最后期限

态度/置信度策略

- 不断挑战而不是找借口
- 专注于努力付出的而不是结果
- 停止胡思乱想
- 换个角度 - 例如“要”，而不是“应该”
- 自我对话 - 用积极的思想来挑战消极的想法
- 与神对话 - 用积极的对神的信靠来挑战和战胜消极的想法
- 建立自信心
- 控制自己能操控的事，接受自己不能改变的事

处理策略

- 在学习过程中更加活跃 - 自我发问一些问题，加入温习课业小组，教导他人
- 分段学习，而不是临时抱佛脚 - 因时间较短较容易集中
- 使用备忘录或笔记型电脑的习惯 - 记录忽然在脑海里浮现的想法或记录要处理的事项
- 若有难题无法解决，要分配暂时放下难题的时间
- 重新集中注意力
- 逐渐建立时间 - 首先做五分钟，然后下一次做7分钟，等等。
- 例行化

心灵和身体策略

- 要吃得饱，睡得饱 and 常做运动
- 不要忽视情绪或想法
- 管理你的压力
- 多祷告，亲近神
- 日日读经
- 不停止聚会
- 保守圣洁因身体是神的殿

结论

圣经中说到，要我们看自己合乎中道。了解自己，是首先必要的。一个无法了解自己人，便会认不清楚自己的本质。一个无法认清自己本质的人，便会不知道自己在哪方面需要被管理。一个无法知道自己在哪一方面需要被管理的人，一定无法有进一步的表现。我们是否能够对自己有更深刻的认识呢？

SELF-MANAGEMENT



Introduction:

As children, we are always of the opinion that our parents like to discipline us. But have we ever ponder that why our parents want to do so? It's because of our parents have certain requirements from us. In order for us to meet their requirement, our parent will discipline us so that we could be someone useful in future.

Today, we are not merely the children of our parents but we ourselves are the children of God the Father. Thus, God also has certain requirements from us, i.e. to love the Lord with all your heart, your soul, and with all your mind, and the second is to love

your neighbor as yourself (Matt 22: 37-40); (Luke 10:27); (Mark 12: 30-31).

On top of the requirements from our parents and the Lord, we should have certain demands towards ourselves. Only when there are demands, then there will be improvements.

In actuality, if we want to be someone useful, to love our Lord with all our heart, our soul and our mind and to love our neighbor as ourselves, self-management is pre-requisite for self improvement.

What is self-management?

Self-management is a process where an individual manage his/her objectives, thoughts, emotions and behavior. He/she will self-organize, self-manage, self-control, self-motivate and finally achieve the objectives he/she has been striving for.

Joseph managed himself very well and it's worth of our emulation. Even though he was sold by his brothers to Egypt, he never lose sight of his goals in life in such adversity, which were to rely on God and not to offend God in whatever things that he did. Therefore, he honoured God in his life and understood that whatever that he encountered had the wonderful will of God. Thus, he said to his brother, "but as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive". (Gen 50:20).

Besides that, when the wife of Potiphar tried to tempt him, he rejected her many times and he restricted himself very well and clearly knew that he couldn't do such great wickedness and sin against God (Genesis 39: 8-9). Joseph was able to endure the series of events in his life. Even though he did not know about his future path, he could still motivate himself and perform his duty well by relying on God.

Why is self-management so important?

Self-management plays an important role in our daily life because it's an important living skill. Self management could satisfy our sense of achievement, promote growth and increase our likelihood of success.

Self management strategies

- Supervise

You could list out the tasks that you want or need to accomplish on the next day. The list should include matters that you are going to accomplish, expected date of completion, whether we could accomplish that tasks, date or status of actual completion, reasons that cause we couldn't accomplish such tasks, the level of satisfaction of how we handling the task, ways to improve or alter methods of handling such tasks in future. We may use the sample below as our reference (to set the numbers of task for ourselves). If you could get a friend/ family member as your mentor, then you could sustain /supervise yourself in a longer period.

Tasks to be completed	Estimated date of completion	Whether we could accomplish the tasks	Status or date of actual completion	Reasons that we couldn't accomplish the task	Level of satisfaction in handling such task	Ways to improve or alter methods of handling such task in future
To memorize 10 bible verse	Before weekend	Half	Only two nights can accomplish	Too many homework and fall sick	25+10=35 marks	To lower our goal or try to complete our assignment in school
To read a copy of the Holy Spirit Times	Before end of the month	No	Only read two pages	Couldn't allocate our time	0-0=0	To allocate some time next month

Evaluation -

you could set a method of which suits yourselves. E.g.: if we could accomplish certain task, then we could score 50 marks, we could add on 10 marks if we could accomplish certain task under certain circumstances (to accomplish it in time or earlier; to accomplish it without help of others, to accomplish it above the benchmark; to accomplish it with less manpower or to accomplish below the budget). To deduct 10 marks under the following circumstances: to accomplish the tasks

after the dateline; or accomplish it after others hasten us to do so; to accomplish the task below the standard/benchmark; to accomplish it with more manpower or to accomplish it exceeding the budget). There will be no mark if a person couldn't accomplish the task at all, he could score 25 marks if he could accomplish half of the task. To give ourselves 10 marks if we couldn't accomplish the task due to following circumstances: fall sick, accidents, natural calamities, or disturbance by others).

Enhancement -

1) Time management / Anti-delay strategies

- Prioritize.
- Plan.
- Break down the goal into smaller details so that we can handle it easily.
- Set an objective (Proverbs 21:5).
- Specify.
- Make good use of time (Eph 5: 15-17).
- Initiate action to kick start
- Make promise – set dateline.

2) Attitude/ Strategy of credibility

- Keep on challenging ourselves and not to look for excuses for ourselves.
- Focus on the process and not the result of the task.
- Stop fantasizing
- Change our perspective, e.g. "we want it" and not "we should get it".
- Communicate with God: to rely on God to challenge and overcome negative thinking.
- Build up self-confidence.
- Monitor task that we could monitor and to accept facts that couldn't be changed.

Management strategies

- Become more active in the whole process of learning: to ask ourselves certain questions, to participate in the study group and to teach others.
- Learn it in stages and not to make a frantic last minute effort. If we divide the task in different stages, we could accomplish them in shorter period and focus on the issue.
- To make good use of notepad or laptop to record tasks that we want to accomplish or thoughts/ideas flashing across our mind.
- If we encounter with certain problems that couldn't be solved, we have to set them aside and allocate other times to revisit the problems.
- To focus on the issue again.
- To increase our focus time- e.g. we can focus for 5 minutes, may be could lengthen it to 7 minutes next time, etc.
- Set it as a routine.

Physical & Psychological Strategies

- Eat well, sleep well and have regular exercise.
- Do not neglect our thoughts or emotions.
- To manage your stress well
- Pray more to draw near to God
- Read the Bible every day.
- Do not cease from attending church services.
- To maintain the holiness because our body is the temple of God.

Conclusions:

The Scriptures taught us that we ought to think will not be able to know clearly his nature. A person A person who does not know the aspects in which understanding towards ourselves?

soberly. To understand ourselves is a pre-requisite. A person who couldn't understand himself who didn't know his nature clearly will not know the aspects in which he should manage himself. he should manage himself will not have improvement in his performance. Do we have a deep





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