



June 2022 Issue



The Marriage Course 2021 By The Family Life Ministry

The Marriage Course is a fun, enriching and very practical course of seven sessions. There is no group work and each couple's conversations are completely private. More importantly it equips couples with practical tools to build a strong and healthy marriage. Run online over seven consecutive evenings, the course will help the couples to:

- Understand each other's needs
- Communicate more effectively
- Grow closer by learning methods to resolve conflict
- Recover from the ways you

may have hurt each other

- Recognise how your upbringing affects your relationship
- Improve relationships with parents and in-laws
- Develop greater sexual Intimacy

CONTENTS

- 1 The Marriage Course 2021
- 3 From A Pastor's Desk
- 5 Seeking God's Will
- 8 Chosen Ones
- 8 Teo's March 2022 Update
- 9 Private, Secret and Confidential
- 10 Testimony
- 12 Praise and Thank God for Salvation

• Discover each other's "love language" and much, much more....

This course, whilst based on Christian principles, is very helpful for Christians or non-Christians alike, troubled or stable marriages.

A cohort of 5 couples had completed the course online in November 2021 via Zoom. Two of these "graduated" couples now share a slice of their experience with us.



We would like to share how **The Marriage Course** has benefitted us.

The course covered a full range of topics and tools required to navigate a marriage.

We have been married for two years and find that, despite receiving premarital counseling, after marriage it can feel as though we are left to navigate or sail the ship on our own. **The Marriage Course** acts as a good booster and has equipped us with additional tools to strengthen our marriage. Joseph's favourite topic was the session on learning the Five Love Languages. Even though he had read the book many years ago before getting married, he found it useful as we had to list down all the things that our other half had been doing that made us feel loved. This way, we could continue to zero in on doing the things that make our spouse feel loved.

Ju Chin's favourite takeaway/topic would be the one whereby we were taught to hold an item when talking/discussing as a way to help each other practise active listening.

In a nutshell, we would recommend this course for couples from all walks of life. No matter how many years a couple has been married, this course would definitely benefit the attendees. We would like to thank the organizers for investing their time to strengthen marriages.

Joseph & Ju Chin







We got to know **The Marriage Course** through Michael Siva and Maria who encouraged us to join the course. After much discussion we both decided to join the course to improve our marriage.

session For every we learned to understand each other better. We personally enjoyed the sessions about The Art of Communication & Resolving Conflict. It really improved our relationship together. We learned to understand each other better through our differences. We also learned the importance of having "dates" with our spouse in order to strengthen our relationship.

We both felt the most challenging part was to put what we had learnt into practice. Both of us agreed to encourage and remind each other so as to make it a reality.

We truly appreciate all the arrangements made for running this course and going the extra mile in order for us to attend without missing a single class despite us being unable to attend some sessions due to certain reasons. We are truly blessed to join TMC and hope that it will be helpful to others too.

Chien Hua & Michelle



From A Pastor's Desk A Post-pandemic Reflection: Was God with Us? What Have We Gained? By Rev Dr Chuah Seong Peng

The Covid-19 pandemic has been with us for more than two years. It has been a tumultuous ride for many. As we move into the transition phase of Covid-19 endemic, we are beginning to see the light with hope and thankfulness to God that this difficult challenge could be coming to an end. What have we learned for our spiritual life on this journey with God? Has He been with us and what have we gained from the pandemic?

Let me share with you what I learned as I reflected on these with what Paul tells us in Romans 8:28, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Paul was totally convinced that God works for us His children in everything for their good in this life. He works in all things big and small, and for all situations whether good or bad. He works ceaselessly, energetically, purposefully for our good. According to Paul, the good that God works is not just the good about health, wealth, popularity, happiness that the world defines and provides. The good that God works for us is about His higher good. God is perfect. His good is for our ultimate well-being tied to His sovereign eternal plan and purpose that one day we will receive His full glory to become like His Son Jesus. He begins His work in us now in this life. For those whom He foreknew, foreloved, He called to receive His salvation for them to become His children who will grow to be like His Son Jesus Christ. Therefore, in everything we go through in this life including the pandemic, God is with us and is at work to accomplish His purpose for us to become better and stronger like Jesus! What a comforting thought!

Therefore, to the question whether God has been with us in this pandemic and what good has come out of it for us, my answer is found in this question: *Have I* grown to become more like Jesus through this pandemic? This is because if God is with us and working out for our good according to His purpose, then we will have grown to become more like Jesus.

How do we know if we have grown to become more like Jesus? The answer is found by examining the evidence of the fruit of the Spirit growing in our life. This is because a life of growing in Christ likeness by God is a life of being filled, led, and under the control of the Spirit bearing the fruit of the Spirit as given to us in Galatians 5:22-23, ²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

So, to know if we have grown in the likeness of Christ, ask ourselves the following questions:

Have we received love, joy, and peace from God through all these challenging times? Have we experienced His love poured out by the Spirit into our hearts (Romans 5:5b), lived in His peace beyond understanding, and joy unspeakable through these difficult times? Have we become more patient, good, and kind to others? Have we grown to become more patient endurance in our and perseverance? Have we become more compassionate, and extended love and help to those who were in distress, and suffered in this pandemic?

Have we grown to become more faithful, gentle, humble, and with self-control in us? Have we remained faithful to God and come to worship Him in these troubled times with His boldness instead of fear of the virus? Have we continued to join in the fellowship of His people and served Him instead of retreating into our comfort zone? Have we learned to humble ourselves and surrender to Him; come and pray, and wait upon Him in times of needs? Have we become stronger and better in facing temptations in our life?

If we have, then our testimonies are that God is real, He is with us, and is working in our midst in this pandemic and we have received His good according to His great and eternal purpose for us. We would have gained something that is far more valuable than all the worldly gains you can have. For what we gained is spiritual and of eternal value. It is of the Spirit, and it will take us to eternity on receiving His glory. It is what will help us to live well as we move into the endemic phase of Covid-19 and beyond.

Indeed, all praise to God who works for us in everything for our good. We can live with rejoicing and thanksgiving in our hearts in all circumstances in this life with the hope of looking forward to a wonderful future. To God be all the glory and praise! Amen.

Seeking God's Will

By Dr Ngeow Took Fah

Sciatica is pain due to irritation of the Sciatic nerve, most commonly caused by a herniated intervertebral disc impinging on the nerve root at the narrow intervertebral foramen. The pain typically follows the course of the nerve from the hip down the posterior part of the thigh and leg. It is a common condition affecting 40% of American adults.

As part of the ageing process, the disc degenerates with weakening of the outer fibrous shell leading to the herniation of its gel like core. This is most likely to occur in the lumbar section of the spinal column, especially at the level of L3/L4. It happened to me recently while working in my garden. The incident was really a case of 'the last straw that breaks the camel's back'. So if I were the camel, my last straw would be the young tree that I felled. Gardening poses several hazards to our body through repeated body movements that strain our spine: squatting, stooping, lifting, digging. These effects on the intervertebral discs are cumulative and ultimately reach the breaking point of herniation and compression of the Sciatic nerve.

After clearing the ground of all the branches and twigs, I felt a sudden pain in my left hip shooting down the leg when I tried to stand up. I could not move at all without a support. For the next few nights, even my sleep was disturbed with every little movement of the leg.

When the pain persisted for several weeks, I consulted my orthopaedic specialist friend who used to run his clinic close to mine. After studying my MRI images which showed extensive herniation of discs involving all five lumbar segments, he offered me three options for treatment: laminectomy with or without spinal fusion, and conservative treatment without surgery. He was not surprised at my choice, perhaps because he remembered the many remarks among doctors made in jest when faced with a problem case, such as physicians wait and see, surgeons open and see, gynae dilate and see. But I know Christian doctors are rational beings who use their minds to the fullest and seek the will of God for their lives.

Broadly speaking, the will of God may be of two types: sovereign or moral. The sovereign will of God is His plan for our lives on this earth, taking into account our personality, talent, aptitude, potential and circumstance. 'For I know the plan I have for you' declares the Lord, 'plan to prosper you and not to harm you, plan to give you hope and a future' (Jeremiah 29:11).

It is our responsibility to carry out the task assigned to us, thereby fulfilling His promise for us. 'For we are God's workmanship created in Christ Jesus to do good works, which God prepared in advance for us to do' (Ephesians 2:10).

God's moral will has been revealed to us in the Bible, which He wants us to believe and practice. A good example is given in Micah 6:8, "And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." So for us to live according to the Scriptures is basically to live in the will of God. On the other hand, much of God's sovereign will is hidden from us, and we see it primarily in retrospect.

Personally, I believe it was the sovereign will of God that I should pursue a medical course, heal the sick and glorify my Creator. But as a patient today, what would be His sovereign will for me? Is my choice of conservative treatment for sciatica in accordance with His will?

I would think so. God is omniscient. He knows the risk and complications of surgery in elderly patients. He is also aware of the many reports in medical journals on the favourable outcome of non surgical management of sciatica. The present circumstance is also not favourable for surgery. Due to COVID-19 pandemic and the need for movement control, people are required to remain at home. Social visits to public places are discouraged. including hospitals Hence only emergency surgery is allowed and cold cases are rescheduled.

My daily treatment simple, was consisting of three parts: cessation of gardening activities, exercises for the lower limb which I learned from YouTube, and prayer. No analgesic was needed, although I tend to fall at times when my knee seems weak and unstable. I was pleased with my progress. By end of November, two months after my ordeal started, I could walk to the car park after receiving my booster dose of COVID vaccine, with the help of my new companion, my walking stick.

Did I worry about recurrence? And how would I deal with it? Recurrences are not unlikely in view of the MRI findings. I remembered and reminded myself that prevention is better than cure. So I turned to the Bible, the best guide to God's will. 'All Scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work' (2Tim 3:16-17). In 2 Kings 20:1-11, I read about the illness of Hezekiah, the only good king of Judah. At the point of death, he cried and prayed to God for His mercy. Noting his faith and prayer, God agreed to heal him and added fifteen years to his life. However, God's sovereign will means we may also be expected to wait on Him for an answer to our prayer, even a negative one.

The apostle Paul was troubled by the problem of a thorn in his flesh, and pleaded with God to have it removed for good. God answered him. 'My grace is sufficient for you for my power is made perfect in weakness' (2 Corin. 12:8,9). Paul realised that God gave him the thorn, a messenger from Satan. to torment him and keep him from becoming conceited.

In my case, any recurrence of sciatica would be God's way of warning me, His steward, not to exceed my limit of effort tolerance, for He knows I am prone to overwork myself. And should I develop a recurrence, I would be able to find strength in Paul's exhortation. 'Be joyful in hope, patient in affliction, faithful in prayer' (Romans 12:12).

Jesus Christ is the ultimate source of our joy in suffering, with which He would bless us according to the eight Beatitudes (Matthew 5:3-10). To Him 'blessed' means the experience of hope and joy regardless of external circumstance. Although patience is a Christian virtue highly rated in the Bible, people are generally impatient and expect early divine intervention in times of need. Paul reassures us we will have joy, patience and faithfulness in prayer when we bear the fruit of the Spirit (Galatians 5:22). In understanding and fulfilling the will of God, the Holy Spirit plays an important and indispensable role along with the Word of God, the two working in unison. The Spirit enlightens the eyes of our hearts giving us understanding of the deep things of God. 'No one knows the thoughts of God except the Spirit of God' (1 Corin. 2:11). The Spirit Himself testifies with our spirit giving us inner convictions on the will of God.

However, often it is difficult to differentiate the Spirit's voice from the whisper of our own secret desire, unless we are able to renounce our will wholeheartedly. Even when we do not hear His tiny voice, God can lead in different ways, such as common sense, dream and vision, prophecy and prayer. joyful always, pray continually, 'Be give thanks in all circumstances, for this is God's will for you in Christ Jesus' (1 Thess. 5:16-18).

What makes a prayer prevail? According to George Mueller, nineteenth century evangelist known for his orphanage ministry and powerful prayer, five essential conditions must be satisfied for a prevailing prayer.

1. Entire dependence on the merits and mediation of Lord Jesus Christ who promised His disciples. 'You may ask me for anything in my name, and I will do it' (John 14:14).

2. Separation from all known sin. 'If I had cherished sin in my heart, the Lord would not have listened' (Psalm 66:18). We may not be able to remember every sin we have ever committed, but our attitude should be one of confession and obedience.

3. Faith in God's word of promise. 'And without faith it is impossible to please God because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him' (Hebrews 11:6).

4. Our motives must be Godly. 'When you ask, you do not receive because you ask with wrong motives, that you may spend what you get on your pleasures' (James 4:3).

5. Importunity in supplication. In the parable of the persistent widow, Jesus asked His disciples: 'And will not God bring about justice for His chosen ones, who cry out to Him day and night? Will He keep them off?' (Luke 18:7).

In conclusion, I quote the 'short cut' to the will of God by F.B. Meyer, another nineteenth century English pastor and evangelist. 'When the Word of God, the impulse of the Holy Spirit in my heart, and the outward circumstances are in harmony, then I am convinced that I am acting in accordance with the will of God'.

That was precisely my experience. Hallelujah!

Chosen Ones

By Dr Alex Tang

Jeremiah 1:5 (NIV) "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."

When I started medical practice after my graduation, it was a great thrill to be addressed as Doctor! Now after fifty years of practice, it has become my name. It feels strange (to me) to be addressed by name without the doctor in front. I am the doctor. Did I choose to be a doctor? Yes! Will I do it again? Yes! Jeremiah gave a new perspective on this. Did he become a prophet? Yes, he did. Did he want to be a prophet? Yes, he did, although reluctantly at first. Initially, it seems like our choice that made us who we are. On closer examination of what Jeremiah wrote, it seems that it was God who created us, chose us, and sent us to be what we are now. So, becoming a prophet should not be a surprise to Jeremiah. God created Jeremiah to be a prophet; He equipped and sent him forth to an unwary Israel. What about us? Did God choose us to be who we are now, equipped us and sent us forth? I believe He did. We are not here by accident but by divine planning even before creation. There must be times when we look around our working environment and wonder if we are in the right place, or even in the right profession! Jeremiah must have felt the same way! What we can learn from Jeremiah is that he stuck to his calling with honesty and integrity in a hostile environment, just doing what God has created him to do. What about us? Can we do less?

Prayer: God, help us to be who You have created us to be and do what You have chosen us to do.



Dear friends,

Trust this letter finds you all keeping well in the Lord. The year seems to move on quickly and three months of the year has already gone by!

OM Ministry

In March we had a two week online orientation for 6 new people joining OM Canada. It was great over the months to walk alongside some of these young people as they prepare for missions with OM, most of them for about a year. Three of them will go to serve on the ship, one going to Nepal, one helping out the Caribbean field and another joining the Canada mobilization team. We thank God for these people wanting to do cross cultural missions and we continue to pray for more workers to go out to the harvest field as the travel restrictions ease. One of our mission coaches will be retiring in a few months time and I will be taking on his portfolio for Africa and the Middle It will be a good learning East. opportunity for me to learn more about mission platforms in these countries as well apart from the ship and East Asia and pray I can continue to prepare people well and come alongside them as they involve themselves in missions overseas.

The Logos Hope was in Ghana and Sierra Leone over the last few months and is currently in Liberia in West Africa. A number of the ships company had come down with covid some months ago and the whole ship had to be in lockdown. Thankfully most of them down with covid only had mild symptoms and after a few weeks of quarantine, the ship could be opened again to the public. Thank God for the ship ministry opportunities in this part of the world and for a number of Christians from Africa who were able to serve together on board for a number of months whilst the ship is in that part of the world. We are still praying for more young people to serve on the Logos Hope.

Refugee Ministry

I continue to make some friends with the Afghan community, and usually set aside a Monday afternoon to have coffee or take a walk with one of the Afghan guys. I recently got to know an Afghan guy who came to Canada as a refugee claimant and who had lived and worked in Malaysia for a few years. It was heartbreaking to hear his story as he and his wife had waited for about four days at the Kabul airport to be evacuated but at the last minute as they were about to leave for the gate, his wife unfortunately got separated from him due to the overcrowding and he had to leave her behind in Afghanistan. He hopes to bring her over as soon as is possible. Please pray as I continue to learn how to do friendship evangelism and build а relationship with these friends.

The number of people displaced in the world today is astounding. Please continue to uphold the OM workers and others in Ukraine and the neighboring countries who are helping the people in need during this crisis.

God's peace and shalom be with you.

Chris and Joo Ping

Private, Secret and Confidential

By Kelvin Koh

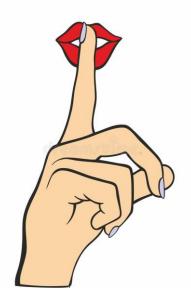
Many of us have forgotten that one day we will have to give an account to God of all that we have done, say and think. If we have not forgotten, we will not be doing many of the things we are doing, saying the things we are saying and thinking of the things that we are thinking.

Somehow we believe the lie that we can keep it all a secret and nobody will know and nobody will find out. We can remain private and secret and confidential. We can maintain our dignity and cover our shame.

This is a fallacy. This is foolish. God knows what we do in secret. Nothing is hidden from Him. Satan knows and knows how to use it to accuse us and threaten us and to blackmail us with our secrets. All the angels know and is viral in the social media in heaven. And lastly, all the saints of the Old Testament, the New Testament and all the saints until the last one that just died, that is described in Hebrews 12, know and is watching and recording from heaven. Almost all of God's created beings know of all that we are doing and we still live in the illusion that nobody knows. Everything done in secret will be exposed. And nothing hidden that will not be exposed.

In line with that, it will be wiser and better that we confess all our secrets to God and ask for His forgiveness and turn around. It is better to keep a very short account with God. We don't want to be caught with a lot of evidences against us should we be called home suddenly and have to face God in a one to one interview, and find that there are still secret sins that we have not confessed and not dealt with.

Search me, O God, and know my heart, try me, and know my thoughts. And see if there be any wicked way in me, and deliver me from evil and lead me in the way everlasting. And take not Thy Spirit from me.



Testimony By Lim Chiew Lan



ex-husband My domestic was a abuser. In 2012, I moved to my mother's house. with my two children, which belongs to my eldest sister in Singapore. My

mother is a patriarchal mother. We lived with her and needed to take care of her. When she was sick and needed treatment, I was in a dilemma and let go of my work in order to take her to the hospital for treatments and follow-ups. During the Covid-19 pandemic, I was jobless and had no income. When I was living with my mother, while I educated my children, my mother scolded me in front of the children, thus making me sad and without the respect to live my life. She often scolded me if she didn't like the behavior of my children. I was not used to it, the whole family made me feel very saddened. One afternoon, my mother's friend from a faraway place shared the goodness of the Lord with me, and the impulse in my heart that I must contact Evelyn Kok, my Christian friend whom I have known for many years, was the beginning of my journey. Evelyn also taught me and my children about the gospel and said that I become a Christian after having said the Sinner's Prayer. She then uploaded a photo of us on Facebook, when my sister saw the post, she thought that my reformation is not suitable for living together, giving me enough time to move out and rent a house with my children. (I am grateful this time as the dilemma in my heart has been resolved. At first, I thought about living my own life, because of my mother's condition as she is old and sickly, I didn't dare to think about it and I just wanted to stay by her side and take care of her. Unfortunately, my mother is getting older and my children are growing up and they have more frictions and conflicts). My divorce with my ex-husband had been facing many obstacles due to the pandemic. But it was finally settled by the court this year. I don't have a stable job, but I am grateful for the public mutual funds that I entrusted to Evelyn, my best friend. It allows me to earn income to get through the financial difficulties! In addition, Evelyn introduced the group leader, Mae (Ladies Group) who led me to study together with the group members. The group leader and Evelyn also gave me my first Chinese-English translation of the Bible as a gift. There are also other church members like Ally and Evelyn in the group. We arranged a Bible study in a group of three in Chinese version for new believers, so that I can get to know our heavenly Father better. I am grateful for their thoughtful arrangement. On top of that Pastor Gan and Evelyn also arranged classes that allow me and my children to study via Lark just to make us know more about God. Pastor Gan also arranged family counseling classes for us after church, I was deeply moved by the counseling sessions. The baptism class that Elder Lee arranged for me and my children has carefully guided me and my children to prepare for baptism. I am thankful for the most beautiful gift of the heavenly Father!



Testimony By Gan Shen Fei

Before knowing Jesus, I would feel dizzy before going to bed in the seventh month of the lunar calendar. Since I know Jesus, I have no such problem. Before I know Jesus, I had nothing to do on Saturdays

and could only quarrel every day, but Aunt Evelyn brought us to know Jesus and also to church. Now I am used to going to church every Saturday to learn about Jesus and to fellowship



with the church members. Before we know Jesus, we quarreled at home almost every day. People around us couldn't stand it and kept persuading us not to quarrel and fight. After getting to know Jesus and Pastor Gan, Pastor Gan taught us how to communicate well, and it gradually improved, but occasionally there were still some problems, a little conflict. Elder Lee taught us at baptism class and led us to know more about our Jesus, to prepare us to be baptized on Easter 17th April 2022, which is also my birthday, and it is a very meaningful day to be baptized on my 16th birthday.



Praise and Thank God for Salvation

By Sue Cheong

After having prayed for my daughter's (Yin Ping) salvation for over a decade, I am pleased to share the joy with you that she was baptised in March 2022. Praise the Lord!

It took more than a decade of prayers and intentionality before my daughter accepted Jesus as her Lord and Saviour, and publicly declared her faith. While the process can be discouraging, nevertheless, never give up on them because we love them and only have their interests and salvation at heart. Besides, it is the instruction of Christ to His disciples as stated in The Great Commission (Matthew 28:16-20).

Many a times, I wrestled with feelings of discouragement. Sharing my struggles with my Cells group members did help. I was encouraged not to give up, like the persistent woman who eventually got what she wanted (Luke 18:1-8).

Since it is God who softens people's hearts and heals their spiritual sights, my Cells group members and I prayed along that line. We prayed for God to remove her spiritual blindness and her hardened heart, and to draw her to Himself. God in His grace, mercy and goodness did all that, i.e., removed her spiritual blindness so that she can see the Truth and who God is. We also prayed for God to bring a messenger to her to share the Good News with her and God did just that when she met up with a new client who is a Christian. Apparently, it all became clear and acceptable to her when her new client shared the Gospel with her. Praise the Lord!

Of course, I already shared with her the goodness of God in my life and trying to help her see Jesus in me by trying hard to live a life that is Christlike pleasing and to God.



But, at the end of the day, God created us with free will, so salvation is an individual's decision. Therefore, I am grateful and thankful to God for drawing her to Himself, for being patient with her and not wishing that any should perish.

So, I encourage and urge those who are still waiting and praying for a loved one's salvation not to give up hope. Be persistent in your prayers, live a life that is Christlike, so that they can see Christ in you.

To God be the glory!

NB: Contributions to Sinews newsletter, via email to spcheong88@gmail.com (in Microsoft Word format), in the form of articles, testimonies original and photographs captions) (with are welcome, but we reserve the right to edit them in the interest of HLCE. Views and opinions expressed herein do not necessarily represent that of HLCE or the editor.

OA Ministry



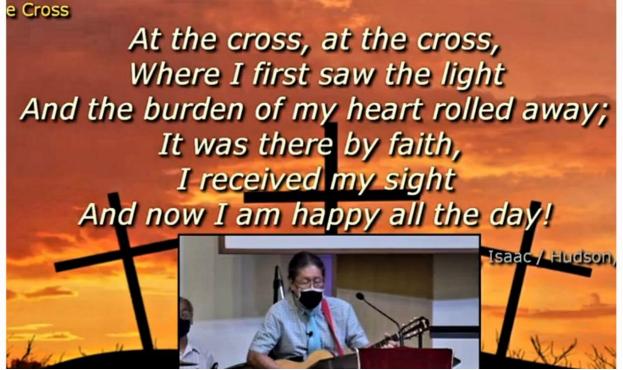
7 OA youths attended training for kindergarten/Sunday school teachers conducted by GMTT in Masal.



7 OA youths from Rompin attending the training for kindergarten teachers in Masai. Briefing by Ps Tan Chee Seng.









Power Of The Cross

This, the power of the cross: Christ became sin for us, Took the blame, bore the wrath: We stand forgiven at the cross.



Easter Service (17 April 2022, 10 a.m.)



Baptism: Sis Lim Chiew Lan, Sis Gan Shen Fei, Bro Gan Shen Xing



Easter Service, April 17, 2022



Child Baptism: Stephen Wong Yong Jie s/o Dcn Daniel Wong Kah Hoe & Grace Tan Huimin Jeremy Ding Ern Xu s/o Jason Ding Su Ren & Tay Voon Yaa Dominic Chee Ze Hann s/o Chee Hoong Seng & Tan Peih Ling Janine Chong & Rayneen Chong d/o Jason Chong Weng Sing & Raychel Leong Shi Lei Sera Ong Li Qi d/o Langdon Ong Ern Kiat & Loo Chi Ling





Deacons' Court members & their family members at Easter Service

1952 - 2022 CELEBRATING

