

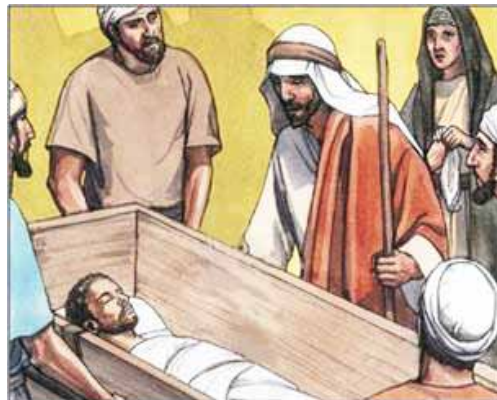
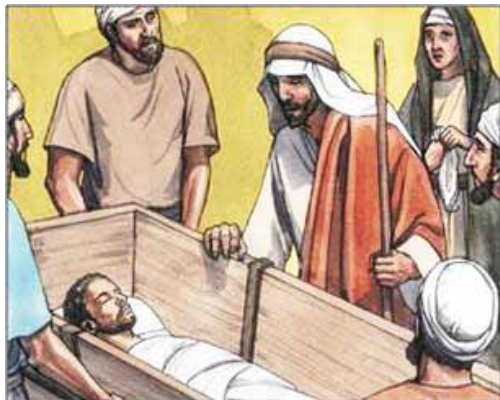
Millet (小米 in Chinese) is a tiny round grain - in white, yellow, grey or red. Although millet is used mostly as bird seed, its creamy and fluffy texture makes it a delicious grain in cereal, porridge, snacks and breads. Millet has a sweet nutty flavor, is very digestible and does not usually cause allergies. Millet is rich in B-vitamin, calcium, iron, potassium, zinc, magnesium, protein, essential fats and dietary fibre. Its health benefits include protection against heart diseases and diabetes, improvement of



digestive system and lowering risks of cancer. Millet not only detoxifies the body, it also boosts respiratory health and immunity, energy levels, muscle and nerve health. It is no wonder that millet is one of the ingredients in Ezekiel's bread. "Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof.." Ezekiel 4:9. Thank God for His marvellous creation and for the foods He has provided us!

Jesus Raises the Dead – Luke 7:11-17

Jesus has compassion on the widow and raises her son from the dead. Spot five differences in the two pictures.



Look to our Lord

Thank God for preserving and blessing us thus far. May we continue to look to our Lord for care and protection.

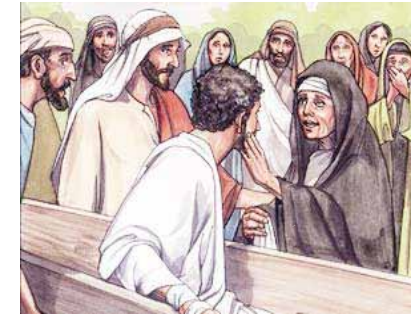
We look forward to seeing all of you at our Family camp! We thank God that the children from the Chinese, English and Malaysian congregations can come together to hear God's Word. Please pray for the camp helpers and teachers serving among the children that they may be encouraged and strengthened in the faith.

Ms Wendy Wong



Miracles Raising of the Widow's son

by Mrs Sarah Tan



Near the gate of the village Nain, the Lord Jesus Christ saw the body of a young man being carried out. It

was the funeral ceremony of a widow's only son and she was weeping sorrowfully. Our Lord Jesus immediately had compassion on her. He went up to her, touched the coffin and said, "Young man, I say unto thee, Arise." Immediately the young man was made alive again!

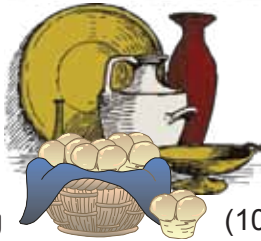
This passage shows us the compassion of our Lord. Though he had never met this widow or the dead young man, he felt the pain of the mother as she wept over her only son. He wanted to help her. God wants us to be more like Christ. When we meet people who are in need, even strangers, do we feel sorry for them and want to help them? Being a widow is not easy. With her husband gone, her only child must have been very precious to her. With the death

Continued on page 3...

Devotion : Luke 10:38-42

Jesus came to visit the family of the two sisters, Mary and Martha. They were happy to meet Him. Mary sat at Jesus' feet and listened to Him, whereas Martha was concerned about giving

Two Sisters



thou art careful and troubled about many things: but one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her."

(10:41-42).

Jesus' a warm welcome and making sure that she provided enough food and drinks. After some time, Martha found that she was doing all the work alone. Therefore, she went to look for her sister and even blamed Jesus for letting her sister relax herself at His feet. Jesus didn't scold Mary but praised her. The words He gave Martha are well-known:

"Martha, Martha,



When our Lord tells us that there is one thing that is needful, we must take note. Martha didn't do anything wrong. We have many responsibilities: studying, serving, providing. They are all necessary and important. However, the top priority should always be spending time communicating with the Lord. When we are busy and tired, sitting at the Lord's feet is the best place for us because His words are sweeter than honeydews, guiding and leading us all the way.

Verily verily....



Lessons from Proverbs

Proverbs 6:20, and 10:1 urge children to make their parents happy by obeying them and listening to their wise counsels.

Proverb 13:1 calls a son

who obeys his father's instructions, wise. Proverbs 20:20 instructs children to respect and obey their parents' teaching even if they think their parents are out of touch with the modern way of life and thinking.

Today, parents, especially Christian ones, are mocked as being ignorant of modern-day situations. Children may think their parents are depriving them of opportunities and pleasures but not realize that their parents are trying to protect them from evil. What children face today may be different from Bible times but God's way of dealing with

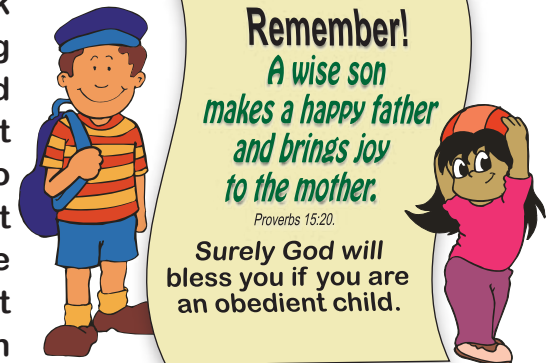
Relationship between Parents and Children

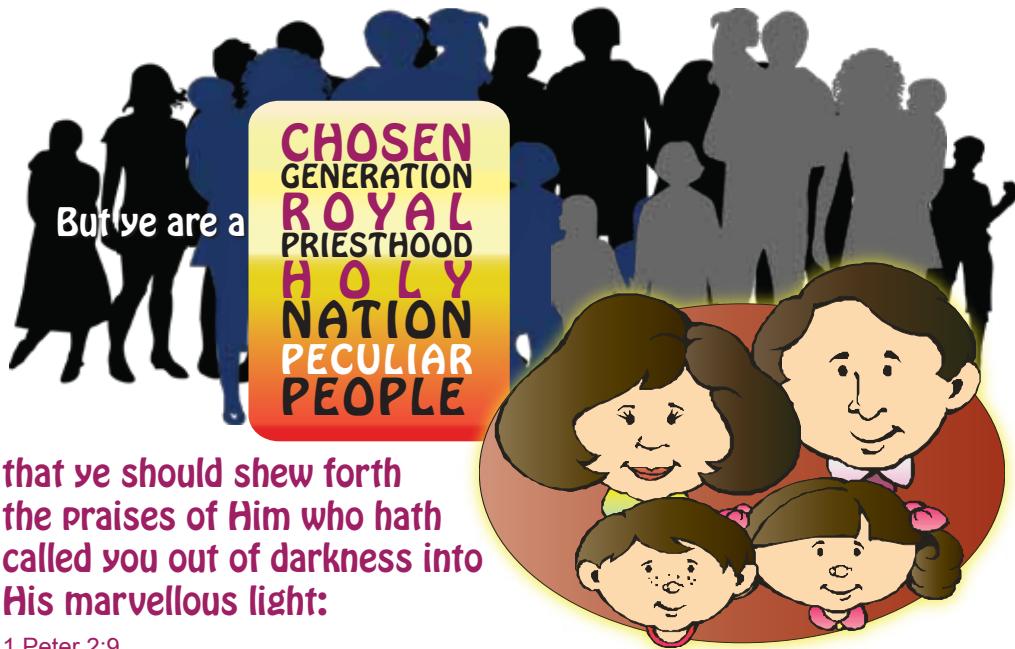
by Rev Matthew Yong



problems will never be out of date. Children should be thankful to their parents for disciplining them and understanding that

discipline takes place because their parents love them. They should not sulk, roll their eyes, answer rudely or complain of being nagged at, as this is a sin which God hates "The eye that mocketh at his father, and despiseth to obey his mother, the ravens of the valley shall pick it out..." Proverbs 30:17.





that ye should shew forth
the praises of Him who hath
called you out of darkness into
His marvellous light:

1 Peter 2:9

Paul was most likely writing to Jews outside Israel or Christians who were living in the current day Turkey. He was reminding them that they were set aside for God's purpose - to glorify God. As Christians, this verse reminds us that we are chosen by God. We are to praise God and to pray for ourselves and for others. We are different from the world because we worship God who saved us from sin. This verse reminds me that as a Christian, I have to be careful with my words and actions so

that I can be a good testimony for Christ. As a parent, I must also set a good example for my children to follow. It is a constant struggle to practice what I preach. There are occasions I would flare up when my children are rowdy and fight amongst themselves. I have to remind myself not to take the easy way out by shouting at them or worse still, cane them in a fit of anger. May God continue to help us in our Christian walk and our interaction with our family and friends.

by Mr John Ling

Lessons from Nature

Honk Honk

Geese often make loud honking sounds when flying together in a V-formation. Scientists speculate that honking is their way of communicating and encouraging each other during their long flight.



When working in teams, members must communicate regularly with each other. Teams often fall apart because of communication breakdown. From the experience of the

flying geese, constant communication among members is vital for the team to move towards a common goal.

Christians are to constantly encourage and communicate with each other. A word spoken sincerely and kindly can lift an otherwise discouraging day. In so doing, we build others up in the faith and foster the spiritual family environment.

Remember them that are in bonds, as bound with them; and them which suffer adversity, as being yourselves also in the body. Hebrews 13:3



Being Christlike

Match each deed with the supporting verse.



To forgive

Matthew 5:9



To pity

Deuteronomy 16:17



To make peace

Matthew 18:21-22



To be generous

Romans 12:20



To bear each other's burden

Galatians 6:2



To do good to your enemy

Matthew 9:36

Story of Missionaries



David Livingstone

was a British national hero who contributed to the expansion of the British Empire. In addition, he was a respected physician, and a well-known explorer who added much to the geographical knowledge of Africa. Most importantly, he was a man who sought to please God with his whole heart. Having been raised in a Christian household under his father who was a Sunday School teacher, Livingstone was committed to his faith and determined to bring the gospel



People talk of the sacrifice
I have made in spending
so much of my life in Africa.
Can that be called a sacrifice which is simply
paid back as a small part of a great debt
owing to our God, which we
can never repay?

to those who did not know about Christ. Soon after completing his medical and theological studies, he applied to the London Missionary Society, hoping to serve in Africa.

Livingstone saw exploration of new lands as the means to not only end the African slave trade, but also to bring the gospel to the lost.

Can we say that we have Dr Livingstone's determination to preach in another continent for the Lord? Maybe not... but we can all start by stepping out of our comfort zone to tell others about God's salvation. May we all be zealous for the Lord's work!

by Daniel Ching

Gem of the month



Some 42 years ago, Rev. Tan Eng Thye was a youth who lived beside the School of Missions (SOM). Many of the believers witnessed to him. Rev. Matthew Koo was one of those who planted the gospel seed in his heart. After pondering over and struggling with what he had learnt about eternal life, he humbled himself and believed the Lord. Sometime later, at an overnight prayer meeting atop Mount Faber, he felt called to serve the Lord. Again, there was another struggle. However, the plaintive question "Whom

shall I send and who will go for us?" convinced him to serve the Lord. As a result, he was beaten up by his older brother and was kicked out of his home. For 10 years, he did not have a place to call home until he settled down and started his own family. Yet he did not pity himself because his obedience to God brought him an inner peace despite the difficult circumstances. Today, he continues to serve faithfully as National Director of India and Acting Pastor of Ipoh, besides other ministries. His mother was also saved and he was reconciled with his siblings. He would like to encourage the youths today to serve the Lord faithfully regardless of any circumstances.

....Raising of the Widow's son (cont'd)

of her child, she must have had many negative thoughts and felt hopeless. How wonderful then that the Lord raised her son from the dead! When we meet difficulties or troubles, what do we do? Do we grumble and complain or do we trust God to supply all our needs?

