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# EFFICACIOUS PRAYER LIFE

By Associate Pastor Timothy Ong

**“E**fficacious” means having the power to produce a desired result or effect. An efficacious life produces the desired result. You have the strength and energy to accomplish what you desire. The question is what is your aim in life? Are you aiming for the right thing? The Bible tells us, **“Therefore, we make it our aim, whether present or absent, to be well pleasing to Him”** (2 Cor 5:9). The apostle Paul’s aim was to live a life well pleasing to God. He wrote, **“He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again”** (2 Cor 5:15). Through Jesus’ sacrifice on the cross, we are a new creation in Christ (2 Cor 5: 11). As such we need to have the right aim and purpose, to please God. Once we have the right aim, we are heading in the right direction, and whatever circumstances confront us, we do not have to worry. When your aim is to please God, you will have an efficacious life.

So how can we have an efficacious life?

There is a story of a woodcutter who found a thick, strong and healthy bamboo plant in the forest and chopped it down. It was painful for this bamboo plant which had weathered many storms, unbent and unbroken. It was painful when the woodcutter shaved off all its leaves and split it into two. It cried out in greater pain as the woodcutter began to cut off its internal parts to smoothen the hollow inside. After finishing with all the cutting, the woodcutter put the bamboo together and put one end of it to the water flowing from a fountain. The water flowed into the hollow of the bamboo and carried the water to his home and supplied water for nourishment. It was such a blessing and the woodcutter was so happy to

find this bamboo. The moral of the story is our lives are channels, like the bamboo, and when there are no blockages, God’s blessings will flow freely, unhindered, in and through our lives. We must remove all major hindrances, like the blockages in the bamboo, in order to have an efficacious life.

Prayer is key to having an efficacious life. To truly energize your prayers and for your prayers to be efficacious, every prayer blockage must be removed. Pride is a great hindrance to pray and must be removed.

## PRIDE IS A GREAT HINDRANCE TO PRAY

Pride is identified as:

- believing that one is better than others,
- failing to acknowledge the accomplishments of others,
- excessive admiration of one self, especially in spiritual disciplines such as prayer and soul winning; and
- vainglory, which is unjustified boasting, or exaggerating our successes.

The Holy Bible gives us two antidotes, namely humility and fasting for this deadly sin.

## HUMILITY

God wants to deal with your character and your inner thoughts. When God does anything, it is always for an intended result in mind. He often allows you to go through hardship to work on your character. The Bible tells us God humbled and tested the Israelites so that they learnt to live by the Word of God. **“Every commandment which I command you today you must be careful to observe, that you may live and**

**multiply, and go in and possess the land of which the Lord swore to your fathers. And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not”** (Deut 8:1-2). God chastened the Israelites so they would learn that, **“man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord”** (Deut 8:1-3).

To be chastened by the Lord can be a very painful experience, like what the woodcutter endured when the woodcutter scraped its inner core. During such times, the Lord is teaching you to draw near to Him, to humble yourself and pray. When you acknowledge your sin and repent, He will hear your prayers. He is not teaching you how to pray, rather, He wants to teach you the attitude of praying. Humility in prayer will transform you.

Example of King Josiah (2 Kings 22-23:25)

Josiah came to the throne at a young age, 8 years old. He was a wise king and brought cleansing to his nation. He asked the priests to clean the temple and they found the scroll, which they read to Josiah. When he heard how God would punish the nation for all the wrongs done, and upon confirmation of this impending judgment by a prophetess, he led the nation in humility to seek the Lord. And the Lord heard his prayer and spared him because of his tenderness in heart, humility and prayer.

## MALAYSIA CAN BE SAVED WHEN WE HUMBLE OURSELVES AND PRAY

The Bible tells us, **“If my people who are called by my name humble**





**themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land”** (2 Chron 7:14). National salvation is possible provided we humble ourselves and pray. When we turn from our wicked ways, God will heal and cleanse our land. God is looking for such an attitude in prayer. Seek God’s face through fasting and prayer.

### WARNING AGAINST HINDRANCES TO KNOWING GOD

The Bible warns us not to allow drunkenness and gluttony to hinder us to knowing God. **“Listen, my son, and be wise, and set your heart on the right path: Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags”** (Prov 23:19-21). The drunkards and gluttons were poor because of their ungodly attitude. Engaging in drunkenness and gluttony made them drowsy and they adorned themselves in rags, because they knew not what they were doing.

### SEEKING GOD THROUGH FASTING AND PRAYER

The Bible tells us, **“The Lord looks down from heaven upon the children of men, To see if there are any who understand, who seek God”** (Ps

14:2). He is constantly seeking for “God seekers”. When you seek Him in fasting, you will see God and hear from Him.

Fasting is about God. You can fast one day in the week or in the month. Or you can fast for seven days, 14 days or 40 days. Seek God through fasting and prayer. The Bible says, “O God, You are my God; Early will I seek You” (Ps 63:1).

#### a. Fasting is about God

- You will know the value of having God in your life when you fast.

When fasting is your lifestyle, you will be mindful of God each day in all that you do and say. Fasting is not about being powerful in prayer. It is like worship which is not about singing correctly or enjoying the singing, but drawing close to God. The heart of worship is about God.

- Fasting is about drawing close to God and being transformed.

When you draw close to God, you will be transformed. A visiting pastor, Rev Howard Cummings shared how his church started a 24/7 prayer chain for a faithful lady of prayer who was stricken by cancer. It was the young people who initiated the prayer chain for her healing. Months later, the lady testified in church that she was healed. The prayer chain saw the lady healed. But it

did not stop there. Fifty years on, seven of the young people who were part of the prayer chain, are now actively involved in ministry. Their lives and destinies were transformed. We too can be changed if we fast and pray.

#### b. You fast because you believe in God

The Ninevites were spared because they fasted

When Jonah, pronounced that God would send judgement on the nation of Nineveh, they believed. The entire nation, from the King to the least in the nation, including the animals, fasted. When God saw what they did, how they turned from their evil ways, God ‘repented’ and did not bring the judgment on them which he said he would (Jonah 3:4-10).

We see this in the life of a prophetess, Anna. She gave her life to fasting and prayer, because God had spoken to her and she believed. And she saw the baby Jesus and she talked about the child to everyone who had been waiting expectantly for God to redeem His people (Luke 2:36-38). She fasted and prayed for the fulfilment of what was written and revealed to her. She lived in the temple till age 84.

Seek God’s face, early. Do not delay, and do not only turn to God as a last resort. Today, fast and pray and seek His Holy Face. You can pray efficaciously.





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# AN AWESOME 2015 CALVARY CARNIVAL First Time In CCC!

Photographs by Henry Tai, Matthew Lee, Ler Mei Yee & Russell Lim



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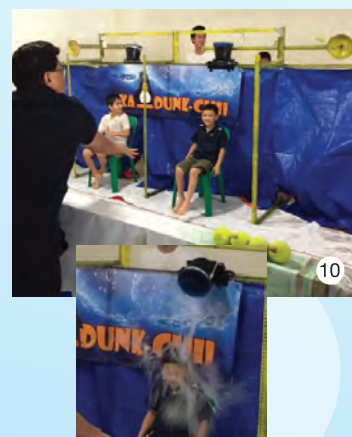
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1. Participants excitedly waiting for the official opening of the Carnival
2. Our Senior Pastors did the honours to declare the Carnival open
3. Pasta stall served by pastors & staff
4. Youths sharing their food
5. Street ministry attendees pose for a group pic with Senior Pastor & Peggy Low
6. Cute knick knacks being snapped up
7. Water Bubble, a hot favourite with kids
8. Malaysia's Mr Bean entertaining the crowds
9. Being dunked for a good cause
10. Senior Pastor dunking grandson, James
11. A happy team
12. Posing with "Strawberry" and "Kiwi fruit" comes with a small cost
13. Kid enjoying the circus bungee trampoline
14. Meeting the clown



# AN AWESOME 2015 CALVARY CARNIVAL First Time In CCC!

Thank God For His Blessings As Calvarites Served Together



**2015** Calvary Carnival, like all our past Carnivals, was successful in raising funds. What a joy for the Church family to see it held in our very own premises for the first time. In previous Carnivals, we raised funds to build the CCC. This time, we have the opportunity to showcase the beautiful completed CCC facilities to the public!

A Calvarite who was a food stall participant enthused that CCC was ideal for the Carnival. He said it was like a giant food court and another Calvarite said it was like a big shopping mall for the day! Many enjoyed their "outing" to our Carnival at CCC, moving around easily despite the crowds that came looking for fun, food and bargains!

Senior Pastor Prince Guneratnam congratulated and commended all who participated in the Carnival for their generous spirit of giving, serving and proclaiming their expression of love for the Lord and the church. He thanked God for use of the beautiful CCC facilities and God's blessing for a successful Carnival, the good weather

and bringing in the people throughout the day.

The Carnival had all the key ingredients to making it exciting and great fun. There were 160 stalls offering games, food, merchandise and services of all kinds, from lessons in ukulele, beauty products, haircuts, to fruit juicers!

All who came were spoilt for choice, whether it is delicious food, fun games or bargains! BookXcess offered 30,000 great titles with eyebrow-raising discounts! The food stalls raked in most of the revenue, and included local favourites like *satay*, *ais kachang*, *Penang laksa* and *char kuay teow* and international cuisines.

Younger kids queued up for the Circus Bungee and Water Bubble, and parents were busy snapping photos of their kids as they jumped high into the air on the trampolines and rolling on water! Youths made a beeline for games such as the Dunking Machine and games which tested their physical prowess and ball shooting skills.

We thank God for the 2015 Calvary Carnival Committee headed by Peggy Low for organising such a wonderful Carnival.

Many testified they were encouraged to see Calvarites working so hard and in unity at the Carnival. We were tired at the end of the Carnival but full of joy. The Carnival may be over, but deep down we have a keener sense of God's goodness and faithfulness and that greater things are ahead of us when we serve the Lord together wholeheartedly.

1. CCC Plaza at early morning, before the start of stage activities and entertainment
2. Gung-ho LG members promoting their food stall
3. Youths manning a games stall
4. A fishball stall manned by pastors & church staff
5. Marvelling at the variety of merchandise stalls - here is one offering pets' accessories
6. Our roast ducks are good
7. AIM students greeting Senior Pastor while busy getting their stall ready
8. Youths offer premium coffee
9. Browsing for books in air-conditioned Multipurpose Banquet Hall
10. Pretty plants were a favourite
11. Hair stylists kept busy due to good demand







# GREAT BARGAINS AT 2015 CALVARY CARNIVAL

Photographs by Henry Tai, Matthew Lee, Ler Mei Yee & Russell Lim



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1. Bazaar stalls at level B2
2. A beauty product stall at Plaza
3. 30,000 book titles to choose from at Bookexcess stall
4. Costume jewellery galore
5. Kids checking out musical instruments
6. A mother checks out kids' products
7. Checking out irresistible items of sorts
8. More ladies' accessories on offer



# SEIZING THE OPPORTUNITY AT OUR DOORSTEP

“But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them?” (Romans 10:14).



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1. The OA Youths with some of our volunteers  
2. A team building exercise  
3. They have the potential

The Bahasa Malaysia (BM) Ministry seeks to reach and disciple those who are BM speaking. Since June, the Lord opened a door for us to provide language lessons to Orang Asli (OA) youths located near the Calvary Convention Centre.

By helping them to improve their language and communication skills, we are providing them a better future. Above all, Bible truths are shared so that inner transformation can take place. As a result, some have given their lives to Jesus.

Our volunteers are also finding joy and fulfilment in serving these youths.

“Through my work, I found out that the OA villages are located in the

interior parts of Malaysia and accessibility is challenging. I wondered how will these OA get to hear the Gospel! I prayed to God for an open door and God answered my prayers. Thank God for our BM ministry outreach. God has brought these OA Youths to us! It is fulfilling to minister to them through the love of Jesus! ” - Lina Lau

“It is my desire and prayer to raise up men to know, love and serve God. God answered my prayer marvellously. The OA we are reaching out to are young men! God can transform their lives and they can be mentored to be who God called them to be. It is a privilege to mentor them. ” - Max Leong

We invite Calvarites who want to reach the OA youths. Ministry opportunities for teachers, facilitators, helpers and drivers are available.

### Other BM Ministry Opportunities

At Calvary Convention Centre, the BM Ministry provides simultaneous interpretation for our Sunday Service, caters for the spiritual needs through the weekly BM LG and a monthly BM Fellowship. In addition, training is provided to help Calvarites be effective witnesses using the Bahasa medium.

For more information, and to be involved, please contact us at

03-8999 5532 ext 414.





# AN ADVENTUROUS EXPEDITION TO MOUNT YONG YAP



By Alicia Chan

**A**fter relentless training, 26 Rangers and leaders from Outpost KL#1 embarked to conquer Mount Yong Yap, the 6th highest mountain in Peninsular Malaysia at 7,110 feet on 16-18 July.

We started our journey at 4am and our lack of sleep and the heavy traffic on the highways did not dampen our anticipation of the hike. Upon reaching the assembly point at Kampung Raja, Cameron Highlands, we savoured our 'last' civilised meal before heading into the forests.

The adventure officially started with the 4x4 ride to Pos Renggil, an Orang Asli village. It felt as if we were in Jurassic Park, but without the dinosaurs! Despite a bumpy ride with strong wind in our faces, we were full of laughter and giggles.

We began our hike at 1pm, pushing through heavily overgrown ferns, bending over multiple deadfalls, avoiding thorns that could damage our attires and bags, and crossing multiple rivers. After 6 hours of uphill trekking, we finally arrived at Kem Agas, the place we would call home for two nights.

The next morning we learnt that we had a 10 hour hike ahead of us. We started at 7.30am, braving ourselves through more river crossings and

excruciating and seemingly endless uphill climbs! We were sorely tempted to give up, but we pressed on.

When we reached the higher elevation, we were rewarded with cool breeze and the lovely sight of mossy forest. The last stretch to the peak was daunting, narrow and obstructed with boulders and fallen trees, but we pushed on, determined, and finally reached the top of Mount Yong Yap!

We took some time to appreciate our achievement and the marvel of the summit. It started to rain heavily and the raindrops felt like huge marbles hitting our cheeks. We were forced to take shelter among the bushes, before heading down the mud-filled and slippery trail in the cold. Our successful conquest of the peak boosted our spirits and strengthened us to keep calm and continue our descent. We returned to Kem Agas safely at 6pm to rest for the day.

On the third morning, we headed back to civilization, arriving at Pos Renggil in 6 hours. We celebrated by bathing in the cool, refreshing river.

We saw how awesome God is through nature and thank God for His protection upon us throughout this expedition. The sandfly bites may itch for a week, but the memories of Mount Yong Yap will stay with us for a lifetime.

## THE G7 QUEST

Mountain climbing expeditions are part of the Royal Rangers' strategy to challenge the Rangers to excel in leadership and outdoor skills, build camaraderie and grow in their walk with God.

Expeditions to Mt Kinabalu and Gunung Tahan were the norm for the Rangers previously, but since conquering the Trans-Titiwangsa Trek in 2012, a daunting trail which covers three of the highest mountains in Malaysia, the Rangers are set for greater challenges.

Their goal is to successfully complete the G7, which refers to seven mountains in Peninsular Malaysia which are over 7,000 feet high. They are, in order of height, Tahan, Korbu, Yong Belar, Gayong, Chamah, Yong Yap and Ulu Sepat.

With the conquest of Mount Yong Yap, the Rangers have two more mountains left to conquer to complete the G7.

Read more about our expeditions at <http://kl1rr.com/category/expedition/>

1. Drenched but jubilant on the mountain top
2. Full of anticipation at the start of adventure
3. Pressing on despite the thick undergrowth
4. Crossing the river with care
5. Taking a breather among mossy green
6. Joy of achievement



# BALANCING GRACE AND TRUTH

The key to assisting the LGBTIQ in their journey to redemption



By Melissa Samuel

**O**n 25 July, the Young Adults (YAs) hosted the LGBTIQ (Lesbian, Gay, Bisexual, Transgender, Intersex, Questioning) talk and were privileged to have Pastor Tryphena Law, a Pastoral Counsellor and Executive Director from PLUC (Pursuing Liberty Under Christ) as their speaker. The YAs were encouraged to ask all the hard questions by Pastor Tryphena, a former homosexual transformed by Christ.

The YAs learnt much about the pro-gay movement which fights for the rights of homosexuals and those who are of the following sexual orientations:

- Bisexual – having a relationship with both women and men.
- Transgender – believing that one is meant to be of the opposite sex but trapped in their current gender.
- Intersex – a person born with both sexual organs.
- Questioning – believing one is neither male nor female.

The pro-gay movement embraces all sexual orientations (including free sex and pre-marital sex) in order to gain a larger support. Their agenda is fighting for their legal rights and to date, 21 countries have laws approving same sex marriages.

The LGBTIQ argues that sexual orientation is not a choice and it cannot be changed. Pastor Tryphena states that there is no scientific evidence to this. The Church stands on the Bible that tells us we are children of God (John 1:12) and God created us male or female (Genesis 1:27). No one is born a LGBT. God's word is clear that marriage is between a man and a woman (Genesis 2:24) and homosexuality is sin. Therefore, the role of the Church is to assist such individuals with grace and truth. We are to love them unconditionally (Mark 12:31) but we need to draw a clear line between loving and not condoning. We need to strike a balance between expressing grace to them and showing them the truth.

To reach them, we need to be in constant dialogue with them, be sensitive to their feelings and demonstrate the love of Christ through our actions and lifestyle. We can be channels of God's grace and they can find redemption in Christ, with whom all things are possible.

Some Q&A excerpts:

- Q: How do I help a gay colleague who is shunned by others at work?  
 A: Relate well to this person but draw clear boundaries. Follow Jesus' example. He ate with tax collectors

and walked among sinners but He always did the will of His Father.

Q: Is there a spiritual dimension to the LGBTIQ movement?

A: Anything outside the will of God is the work of the enemy. Whatever takes us away from God is sin. There is no sin greater than another sin. Being part of the LGBTIQ group is sin. When helping those in sin, we are coming up against the enemy. So it is important for us to guard our hearts as the Bible instructs us.

In closing, Pastor Chee Weng clarified that the talk dealt with the LGBTIQ community who are not Christians. When dealing with Christians, we still love them, but we must make clear that this lifestyle is against the Bible.

He then prayed for the YAs that they would "balance grace and truth" when assisting the LGBTIQ in their journey to redemption. May they experience and know the love of God through the Church.

1. Pastor Tryphena sharing on LGBTIQ
2. Pastor Chee Weng wrapping up the session
3. Raising a question
4. YAs all ears on sharing
5. Making new friends



# KEHIDUPAN DOA MUJARAB

Oleh Associate Pastor Timothy Ong

“**M**ujarab” bermaksud mempunyai kuasa untuk menghasilkan keputusan yang diingini atau berkesan. Kehidupan mujarab menghasilkan keputusan yang dikehendaki. Anda mempunyai kekuatan dan tenaga untuk mencapai apa yang anda ingini. Persoalannya ialah apakah matlamat anda dalam hidup? Adakah anda menasarkannya perkara yang betul? Alkitab memberitahu kita, **“Sebab itu juga kami berusaha, baik kami diam di dalam tubuh ini, maupun kami diam di luarnya, supaya kami berkenan kepada-Nya”** (2 Kor 5: 9). Matlamat Rasul Paulus adalah untuk hidup kehidupan yang baik yang berkenan kepada Tuhan. Beliau menulis, **“Dan Kristus telah mati untuk semua orang, supaya mereka yang hidup, tidak lagi hidup untuk dirinya sendiri, tetapi untuk Dia, yang telah mati dan telah dibangkitkan untuk mereka”** (2 Kor 5:15). Melalui pengorbanan Yesus di atas salib, kita adalah ciptaan baru dalam Kristus (2 Kor 5: 11). Oleh itu kita perlu mempunyai matlamat dan tujuan yang betul, untuk menyenangkan hati Tuhan. Apabila kita mempunyai matlamat yang betul, kita menuju ke arah yang betul, dan apa jua situasi yang kita hadapi, kita tidak perlu bimbang. Apabila matlamat anda adalah untuk menyenangkan Tuhan, anda akan mempunyai kehidupan yang mujarab.

Jadi bagaimana kita boleh mempunyai kehidupan yang mujarab?

Terdapat kisah seorang pembalak yang terjumpa pokok buluh yang tebal, kuat dan sihat di dalam hutan dan memotong pokok itu. Adalah menyakitkan bagi pokok buluh ini yang telah banyak mengharungi ribut, tanpa bengkok dan patah. Ia menyakitkan apabila pembalak itu mencukur semua daun dan dibelahnya menjadi dua. Ia berteriak dalam kesakitan yang mendalam apabila pembalak itu mula memotong bahagian-bahagian dalaman untuk melicinkan bahagian dalam berongga. Setelah selesai dengan pemotongan, pembalak itu mecantumkan buluh-buluh itu bersama dan meletakkan satu hujung pada air yang mengalir dari air pancutan. Air itu mengalir ke dalam batang buluh dan membawa air ke rumahnya sebagai bekalan air untuk makanan. Ianya adalah suatu berkat dan pembalak itu sungguh gembira terjumpa akan buluh ini. Moral cerita ini adalah kehidupan kita bagaimana saluran, seperti buluh itu, dan apabila tiada sekatan, berkat-berkat Tuhan akan mengalir dengan bebas, tanpa sebarang halangan, di dalam dan melalui kehidupan kita. Kita mesti membuang semua halangan-halangan utama, seperti sekatan di dalam buluh, untuk mempunyai kehidupan yang mujarab.

## DOA ADALAH KUNCI KEPADA KEHIDUPAN YANG MUJARAB

Untuk benar-benar memberi tenaga kepada doa anda dan untuk doa anda menjadi mujarab, setiap sekatan doa mesti dialihkan.

## DOSA KEANGKUHAN MENAHAN DOA

Keangkuhan dikenali sebagai:

- mempercayai diri lebih baik daripada orang lain,
- gagal untuk mengakui pencapaian orang lain,
- kekaguman berlebihan pada diri, terutamanya dalam disiplin rohani seperti doa dan kemenangan jiwa; dan
- megah diri, kesombongan yang tidak wajar, atau membesar-besarkan kejayaan kami.

Alkitab memberi kita dua penawar, iaitu rendah diri dan berpuasa untuk dosa ini yang boleh membawa maut.

## KERENDAHAN HATI

Tuhan mahu melakukan sesuatu dengan watak anda dan pemikiran dalaman anda. Ketika Tuhan melakukan apa-apa, ia sentiasa adalah untuk hasil yang tertentu dalam pemikiranNya. Dia sering membiarkan anda melalui kesusahan untuk membentuk watak anda. Alkitab memberitahu kita, Tuhan merendahkan hatinya dan menguji orang Israel, supaya mereka belajar hidup dengan Firman Tuhan. **“Sege nap perintah, yang kusampaikan kepadamu pada hari ini, haruslah kamu lakukan dengan setia, supaya kamu hidup dan bertambah banyak dan kamu memasuki serta menduduki negeri yang dijanjikan TUHAN dengan sumpah kepada nenek**



moyangmu. Ingatlah kepada seluruh perjalanan yang kaulakukan atas kehendak TUHAN, Tuhanmu, di padang gurun selama empat puluh tahun ini dengan maksud merendahkan hatimu dan mencobai engkau untuk mengetahui apa yang ada dalam hatimu, yakni, apakah engkau berpegang pada perintah-Nya atau tidak"(Ulangan 8: 1 -2). Tuhan mengajar orang-orang Israel, supaya mereka akan belajar bahawa, "**manusia hidup bukan dari roti saja, tetapi manusia hidup dari segala yang diucapkan Tuhan**" (Ulangan 8: 1-3).

Teguran Tuhan, adalah suatu pengalaman yang sangat menyakitkan, seperti mana buluh itu alami apabila pembalok mengikis teras dalamnya. Dalam masa-masa itu, Tuhan sedang mengajar anda untuk mendekatiNya, merendahkan diri anda dan berdoa. Apabila anda mengakui dosa anda dan bertaubat, Dia akan mendengar doa anda. Dia bukan mengajar anda bagaimana berdoa, sebaliknya, dia mahu mengajar anda sikap berdoa. Rendah diri dalam doa akan mengubah anda.

Contoh Raja Yosia (2 Raja-raja 22-23: 25) Yosia bertakhta pada usia yang muda, iaitu berumur 8 tahun. Dia adalah seorang raja yang bijaksana dan membawa penyucian kepada negaranya. Dia meminta para imam menyucikan rumah ibadat dan mereka terjumpa sebuah kitab, yang mereka baca kepada Yosia. Apabila dia mendengar bagaimana Tuhan akan menghukum negara untuk kesemua kesalahan yang dilakukan, dan selepas pengesahan bakal penghakiman ini oleh seorang nabi, beliau mengetuai negaranya mencari Tuhan dengan rendah hati. Dan Tuhan telah memperkenankan doanya dan menyelamatkannya kerana kelembutan hati, rendah diri dan doanya.

### **MALAYSIA BOLEH DISELAMATKAN APABILA KITA MERENDAHKAN DIRI DAN BERDOA**

Alkitab memberitahu kita, "**dan umat-Ku, yang atasnya nama-Ku disebut, merendahkan diri, berdoa dan mencari wajah-Ku, lalu berbalik dari jalan-jalannya yang jahat, maka Aku akan mendengar dari sorga dan mengampuni dosa mereka, serta memulihkan negeri**" ( 2 Tawarikh 7:14). Keselamatan negara adalah mungkin dengan syarat kita merendahkan diri dan berdoa. Apabila berpaling daripada kejahatan kita, Tuhan akan menyembuhkan dan membersihkan tanah air kita. Tuhan sedang mencari sikap begini dalam doa. Carilah wajah Tuhan melalui puasa dan doa.

### **AMARAN TERHADAP HALANGAN-HALANGAN UNTUK MENGENAL TUHAN**

Alkitab memberi amaran kepada kita supaya jangan membenarkan mabuk dan

kelahapan menghalang kita daripada mengenali tuhan. "**Hai anakku, dengarkanlah, dan jadilah bijak, tujukanlah hatimu ke jalan yang benar. Janganlah engkau ada di antara peminum anggur dan pelahap daging. Karena si peminum dan si pelahap menjadi miskin, dan kantuk membuat orang berpakaian compang-camping**" (Ams 23: 19-21). Pemabuk dan pelahap adalah miskin kerana sikap mereka yang tidak berkenan kepada Tuhan. Melibatkan diri dalam kemabukan dan kelahapan menjadikan mereka mengantuk dan mereka menghiasi diri mereka dalam kain buruk, kerana mereka tidak tahu apa yang mereka lakukan.

### **MENCARI TUHAN MELALUI PUASA DAN DOA**

Alkitab memberitahu kita, "**TUHAN memandang ke bawah dari sorga kepada anak-anak manusia untuk melihat, apakah ada yang berakal budi dan yang mencari**" (Mazmur 14: 2). Dia sentiasa mencari "pencari-pencari Tuhan". Apabila anda mencari Dia dalam puasa, anda akan melihat Tuhan dan mendengar daripadaNya.

Puasa adalah mengenai Tuhan. Anda boleh berpuasa sehari seminggu atau sehari sebulan. Atau anda boleh berpuasa selama tujuh hari, 14 hari atau 40 hari. Cari Tuhan melalui puasa dan doa. Alkitab mengatakan, "**Ya Tuhan, Engkaulah Tuhanku, aku mencari Engkau**" (Mazmur 63: 1).

#### **a. Puasa adalah mengenai Tuhan**

• Anda akan tahu nilai mempunyai Tuhan dalam hidup anda apabila anda berpuasa.

Apabila puasa adalah gaya hidup anda, anda akan selalu mengingati Tuhan setiap hari dalam segala yang anda lakukan dan katakan. Puasa bukan bermakna menjadi berkuasa dalam doa. Ia seperti ibadah, yang bukan tentang menyanyi dengan betul atau menikmati nyanyian, tetapi mendekati Tuhan. Hati beribadah adalah mengenai Tuhan.

• Puasa adalah mendekati dengan Tuhan dan mengenai perubahan.

Apabila anda menghampiri Tuhan, anda akan berubah. Seorang pendita yang pernah melawati, Rev Howard Cummings berkongsi bagaimana gerejanya memulakan jaringan doa 24/7 untuk seorang wanita yang setia berdoa yang telah ditimpa dengan penyakit barah. Para pemuda pemudi dalam gerejanya memulakan jaringan doa untuk penyembuhan beliau. Beberapa bulan kemudian, wanita itu memberi kesaksian di dalam gereja bahawa dia telah sembuh. Jaringan doa itu yang membawa kepada kesembuhan wanita itu. Tetapi ia tidak berhenti di situ sahaja. Lima puluh tahun

kemudian, tujuh daripada pemuda pemudi yang merupakan sebahagian daripada rantaian doa itu, kini terlibat secara aktif dalam pelayanan. Kehidupan dan masa depan mereka berubah. Kita juga boleh diubah jika kita berpuasa dan berdoa.

#### **b. Anda berpuasa kerana anda percayakan Tuhan**

Penduduk Niniwe terselamat kerana mereka berpuasa

Apabila Yunus, mengumumkan bahawa Tuhan akan menghantar penghakiman atas bangsa Niniwe, mereka percaya. Seluruh negara, daripada Raja kepada yang terendah di negara itu, termasuk haiwan, berpuasa. Apabila Tuhan melihat apa yang mereka telah lakukan, bagaimana mereka berpaling dari kejahatan mereka, Tuhan 'bertaubat' dan tidak membawa penghakiman ke atas seperti yang dijanjikanNya dahulu (Yunus 3: 4-10).

Kita melihat contoh ini dalam kehidupan seorang nabi, Anna. Dia memberikan hidupnya pada berpuasa dan berdoa, kerana Tuhan telah bercakap dengan beliau dan beliau mempercayai. Dan dia melihat bayi Yesus dan dia menceritakan mengenai anak itu kepada semua orang yang telah menunggu harapan bagi Tuhan untuk menebus umat-Nya (Lukas 2: 36-38). Beliau berpuasa dan berdoa untuk memenuhi apa yang telah tertulis dan terserlah kepadanya. Dia tinggal di dalam bait Tuhan sehingga umur 84 tahun.

Carilah wajah Tuhan, dengan awal. Jangan berlengah lengah lagi, dan jangan berpaling kepada Tuhan sebagai pilihan terakhir. Hari ini, berpuasa dan berdoa dan mencari wajahNya yang Kudus. Anda boleh berdoa dengan mujarab.

### **KELAS PEMBAPTISAN AIR DAN KEAHLIAN**

1.30PM 10 Oktober Ahad  
Damansara Heights, Worship Nursery

### **KEBAKTIAN PEMBAPTISAN AIR**

5.00PM 10 Oktober Sabtu  
Damansara Heights Sanctuary

### **KEBAKTIAN BM**

11.30AM 25 Oktober Ahad

Pengkhobah: Pastor David Seah  
Topik : Kuasa Kesaksian Kita  
Lokasi : b1.03 Paras B1, CCC

Untuk maklumat selanjutnya,  
hubungi 8999 5532 sambungan 414



# 有功效的 祷告生命

(文: 翁有富牧师)

「有功效」意味着有能力产生预期的结果或效果。一个有功效的生命能产生预期的结果。你有力量和活力去完成你所渴望的。问题是你的志向是什么？你追求的志向是正确的吗？圣经告诉我们说：「所以，无论是住在身内，离开身外，我们立了志向，要得主的喜悦」（林后5:9）。使徒保罗的志向是过一个讨神喜悦的生活。他写道：「并且他替众人死，是叫那些活着的人不再为自己活，乃为替他们死而复活的主活」（林后5:15）。藉着耶稣在十字架上的牺牲，我们是新造的人（林后5:17）。因此，我们需要有正确的志向和目标，以讨神喜悦。一旦我们有了正确的志向，我们就朝着正确的方向前进，无论遇到什么情况，我们都不必担心。当你的志向是要得神喜悦时，你将会有一个有功效的生命。

我们怎样才能有一个有功效的生命？

有一个樵夫的故事，他在森林中发现了一株粗壮健康的竹子，就把它砍下来。对这株经受许多风雨，保持挺直和完整的竹子来说，这是很痛的。当樵夫把所有的竹叶削掉，将竹子剖成两半时，这是很痛的。当樵夫开始切掉其内部使空心的竹子变为光滑时，它更痛的叫出来。在完成所有的切割之后，樵夫把竹子放在一起，然后把它的一端放在有泉水流出的地方。水流入竹子的茎，它把水运送到樵夫家里和供给他食用的水。这是一个祝福和樵夫很高兴能找到这株竹子。这个故事的寓意是我们的生命是渠道，就像竹子，当它没有堵塞时，神的祝福将在我们的生命中自由流动并通过我们的生命流出，不受阻碍。为了有一个有功效的生命，我们必须清除所有主要障碍，就像竹中的堵塞。

## 祈祷是具有功效的生命的關鍵

要使你的祷告真正有活力和具有功效，每一个祷告的堵塞必须被清除。

## 骄傲的罪阻碍祷告得著应允

骄傲被标识为：

- 相信自己比别人好
- 未能承认别人的成就
- 过度自我的钦佩，特别是在属灵的操练，如祈祷和拯救灵魂；和
- 虚荣心，这是毫无根据的吹嘘，或夸大我们的成功。

圣经给我们两个解决方法，即为这致命的罪谦卑和禁食。

## 谦卑

神要塑造你的品格和你内心的想法。当神做任何事，它总是为了一个预期的结果。祂经常让你经历艰苦，来陶塑你的品格。圣经告诉我们，神使以色列人谦卑，并且试验他们，以致他们学会靠神的话语生活。「我今日所吩咐的一切诫命，你们要谨守遵行，好叫你们存活，人数增多，且进去得耶和華向你们列祖起誓应许的那地。你也要纪念耶和華一你的神在旷野引导你这四十年，是要苦炼你，试验你，要知道你心内如何，肯守他的诫命不肯」（申8:1-2）。神磨练以色列人，使他们知道「人活着不是单靠食物，乃是靠耶和華口里所出的一切话」（申8:3）。

被神磨练可以是一个非常痛苦的经历，像竹子所忍受的，当樵夫把它的中心刮除时。在这种时刻，主是在教导你亲近祂，谦卑自己和祈祷。当你承认你自己的罪和悔改，祂会垂听你的祷告。祂不是在教你如何祈祷，相反，祂是要教你祈祷的态度。谦卑的祷告会转化你。

约西亚王的例子（王下22-23:25）

约西亚在年纪八岁的时候登基。他是一位英明的君王，为他的国家带来了洁净。他吩咐祭司们修理圣殿，接着他们发现一卷律法书并在约西亚面前读那书。当他听到神会怎样惩罚这个国家，因它所犯一切的错误，并在一位女先知确认这即将来临的审判后，他带领全国一起谦卑寻求主。主就垂听了他的祷告，并赦免了他，因为他有温柔的心，谦卑和祷告。

## 当我们谦卑和祷告时，马来西亚可以得到拯救。

圣经告诉我们：「这称为我名下的子民，若是自卑、祷告，寻求我的面，转离他们的恶行，我必从天上垂听，赦免他们的罪，医治他们的地」（代下7:14）。倘若我们谦卑自己，祈祷，国家得救是可能的。当我们转离我们的恶行，神会医治和洁净我们的土地。神在寻找这种祷告的态度。通过禁食和祷告寻求神的面。

## 对拦阻认识神的警告

圣经警告我们不要让酗酒和暴食来阻碍我们认识神。「我儿，你当听，当存智慧，好在正道上引导你的心。好饮酒的，好吃肉的，不要与他们来往；因为好酒贪食的，必致贫穷；好睡觉的，必穿破烂衣服」（箴23:19-21）。好酒贪食的人很穷因为他们的不敬虔的态度。从事酗酒和暴食使他们昏昏欲睡，他们穿破烂衣服，因为他们不知道他们在做什么。

## 通过禁食和祷告寻求神

圣经告诉我们：「耶和華从天上垂看世人，要看有明白的没有，有寻求神的没有」（诗14:2）。祂一直在寻找「寻求神的人」。当你在禁食时寻求祂，你会看见神，并听到祂的声音。

禁食是关乎神。你可以在一周或一个月禁食一天。或者你可以禁食七天、十四天或四十天。通过禁食和祈祷寻求神。圣经上说道：「神啊，你是我的神，我要切切地寻求你」（诗63:1）。

### a. 禁食是关乎神

• 当你禁食时，你会知道有神在你的生命中的价值。

当禁食是你的生活方式时，你会每天在你的一切言行都有神的意识。禁食不是关于祷告有能力。这就像敬拜，它不是关于正确的歌唱，或是享受唱歌，而是亲近神。敬拜的心是关乎神。

• 禁食是关乎与神亲近并被转化。

当你亲近神的时候，你就会被转化。一位来访的Howard Cummings牧师分享他的教会如何为一位忠心祈祷，遭受癌症的女士起一个24/7祷告链。这是由教会年轻人为了她的医治发起的祷告链。几个月后，那位女士在教会作见证说她已经痊愈了。祷告链使到那位女士得到痊愈。但它并没有就此停止。五十年后，有七位曾是祷告链的一分子的年轻人，现在正积极参与事奉。他们的生命和命定得到转化。如果我们禁食和祈祷，我们也可以被改变。

### b. 你禁食因为你相信神

尼尼微人幸免审判因为他们禁食。

当约拿宣告神必降灾祸于尼尼微人时，他们相信。全国的人，从尼尼微王到至小的，包括牲畜、牛羊都禁食。当神察看他们的行为，见他们离开所行的恶道，神就‘后悔’，不把所说的灾祸降与他们了（拿3:4-10）

我们在女先知亚拿的生命中看见这事。她为禁食和祈祷献出她的生命，因为神已经对她说话，她相信。她看见婴孩耶稣，她将孩子的事对一切盼望神救赎祂的子民的人讲说（路2:36-38）。她为经上所记载和启示给她的事的应验而禁食和祷告。她住在圣殿里，直到84岁。

切切地寻求神的面。不要拖延，不要只把神当作最后的手段。今天就禁食和祈祷，并寻求祂圣洁的面。你可以祈祷有功效。

以上经文是采用中文圣经和合本。

## 中文团契

### 十月份聚会

日期: 25-10-15 (日)

时间: 早上十一点半

讲员: 郭利秀

主题: 赞美的祭

地点: CCC影剧院1, B2

欢迎大家参加。请携带亲友一起出席！

### 申请浸礼及会籍

#### 浸礼及会籍课程

日期: 10-10-15 (六)

时间: 下午一点半

地点: 加略山教会

#### 浸礼聚会

日期: 10-10-15 (六)

时间: 下午五点

地点: 加略山教会(大堂)

下一次浸礼及会籍课程

日期: 12-12-15 (六)

时间: 下午一点半

地点: 加略山教会



# OCTOBER SERVICE SCHEDULE

**Damansara Heights**  
Saturday 5.00pm

**03** Communion  
Associate Pastor  
Chan Lee Peng

**10** Water Baptism  
Dr. Bob Rodgers  
(Sr Pastor, Evangel Prayer Centre, US)

**17** Dr. Joseph Castleberry  
(President of Northwest University, US)

**24** Associate Pastor  
Steven Kum

**31** Communion  
Missionary  
Rev. Margaret Seaward

**Calvary Convention Centre**  
Sunday 9.00am

**04** Communion  
Senior Pastor  
Prince Guneratnam

**11** Dr. Bob Rodgers  
(Sr Pastor, Evangel Prayer Centre, US)

**18** Dr. Joseph Castleberry  
(President of Northwest University, US)

**25** Membership Intake  
Associate Pastor  
David Seah

## CHINESE FELLOWSHIP

25/10/15 (SUN)

Time : 11.30AM  
Speaker : Quek Lee Siu  
Topic : Sacrifice of Praise  
Venue : Theatrette 1, Level B2, CCC

## BAHASA FELLOWSHIP

25/10/15 (SUN)

Time : 11.30AM  
Speaker : Pastor David Seah  
Topic : The Power Of Our Witness  
Venue : Room b1.03, Level B1, CCC  
For more information, call 8999 5532 extension 414

## WATER BAPTISM & MEMBERSHIP CLASS

10/10/2015 (SAT)

Time : 1.30PM  
Venue : Damansara Heights  
Worship Nursery

## WATER BAPTISM SERVICE

10/10/2015 (SAT)

Time : 5.00PM  
Venue : Damansara Heights  
Sanctuary

## NEXT WATER BAPTISM & MEMBERSHIP CLASS

12/12/15 (SAT)

Time : 1.30PM  
Venue : Damansara Heights  
Worship Nursery

Get forms from Hospitality Counter,  
Level 1, CCC Foyer





## AG EXCO HOSTED A DINNER FOR OUR SENIOR PASTOR'S 70TH BIRTHDAY

On 28 July 2015, the General Superintendent of the Assemblies of God (AG) Malaysia together with the Executive Committee members and their spouses hosted a dinner for Senior Pastor Prince Guneratnam's 70th birthday and prayed for him.

Senior Pastor was elected the first Malaysian General Superintendent of the AG of Malaysia in 1974. The AG Malaysia constituency grew from about 2,500 to 48,000 during his tenure of 26 years as General Superintendent. Senior Pastor is presently the General Superintendent Emeritus.

# THY KINGDOM COME



By Lina Lau

“A Day Of Prayer For The Nation” with the theme “Thy Kingdom Come” was held at Calvary Church in collaboration with the AG Prayer Commission on 22 August at the Calvary Convention Centre (CCC).

There was a strong sense of unity and fervency right from the start. We recognised the empowering of the Holy Spirit and began to pray in the Spirit. During the praise and worship, we encountered the refreshing presence of the Lord.

Highlights of the prayer service included:

- A time of reflection for our own lives as well as for the church and nation and repenting before the Lord.

- An exhortation by Associate Pastor Timothy to pray for God's plans and purposes for Malaysia to be fulfilled.

- Praying for major issues and pressing issues confronting our nation.

Associate Pastor David Seah in the concluding prayer, prayed for the Churches in Malaysia and that every Malaysian Christian be an intercessor for the nation and contribute towards the good, peace and unity of our nation.

All who came gave praise and thanks to God for His blessings upon Malaysia.



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Tel: 03 8999 5532 Website: <http://www.calvary.org.my> Email: [email@calvary.org.my](mailto:email@calvary.org.my)

Senior Pastor Rev. Tan Sri Datuk Dr. Prince Guneratnam