

MINISTERING TO THE SAINTS

SERVICES	16 SEPTEMBER	23 SEPTEMBER
CHILDREN'S CLASSES	Ai Fong, Linda, Lillian, Ai Cheng, & Ai Lin	Ai Fong, Linda, Lillian, Ai Cheng, & Ai Lin
USHERS	AI FONG & PAULINE	JENETTE & PENNY
SERMONETTE	LIM YEW BOO Sermon On The Mount	OOI Choosing The 12 Apostles Matthew 10
BIBLE STUDY	CHARLIE DIPALMA	CHARLIE DIPALMA
SERMON	The Book Of Philippians Philippians 1	The Book Of Philippians
SONG LEADING	ALVIN GOH	ENG
OPENING PRAYER	MAHIBAN	EDWARD
SCRIPTURE READING	OOI	DANIEL LIM
LORD'S SUPPER	JOVIN & RENG A	CHRIS & LIM YEW BOO
COLLECTION	CHRIS	FRANCIS
ANNOUNCER	RICHARD	CHARLIE
CLOSING PRAYER	FRANCIS	RICHARD
CHORES	PAIK HUA	PAIK HUA

PORTFOLIOS OF COORDINATING COMMITTEE FOR 2007

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Richard Lee

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Benevolence
Mahiban Daniel

Evangelism
Richard Lee

Education
Yeow Chin Kiong

Youth Work
Alvin Goh

Sunday School
Richard Lee
Ron Ying

BCC Programme
Charlie Chan

STATISTICS FOR 16 SEPTEMBER 2007

CONTRIBUTION	RM2,431
BIBLE STUDY	38
VISITORS CLASS	4
WORSHIP ASSEMBLY	61
FRI - BIBLE STUDY (14 SEP)	26
MANDARIN WORSHIP	10
MANDARIN CONTRIBUTION	RM242

And He is the head of the body, the church, who is the beginning, the firstborn from the dead, that in all things He may have the preeminence. For it pleased the Father that in Him all the fullness should dwell, and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross.

Col 1:18-21NKJV

Paul and Timothy, bondservants of Jesus Christ, To all the saints in Christ Jesus who are in Philippi, with the bishops and deacons:

Phil 1:1 NKJV

DAYBREAK



BENEVOLENCE***EDIFICATION***EVANGELISM

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A weekly handout for members of
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SUNDAYS:
9.30 AM
BIBLE STUDY
SUNDAY SCHOOL
10.30 AM
WORSHIP
2.30PM
MANDARIN WORSHIP

FRIDAYS:
8.00 PM
BIBLE STUDY

"For I am not ashamed of the gospel: for it is the power of God unto salvation to every one that



CHALLENGING QUERY #449 Should Christians fast? Yeow Chin Kiong

Some religions require that its followers practise fasting (that is, abstinence from food and drink) for a time during the religious calendar or on certain occasions as a religious exercise or duty. Others prescribe the practice to individual adherents for the mortification of the body or of the appetites, or as a token of grief, or humiliation and penitence, or to bring about intensity or focus during another religious activity such as prayer or meditation.

The only one fast commanded in the Bible was the fast on the Day of Atonement for the Israelites under the Old Testament law of Moses. This fast was from sunset of one day to sunset of the next (Leviticus 16:29; 23:32). Moses' law having been done away at the Cross of Christ (Eph.2:14-16, Col.2:14), this full-day fast no longer applies in the Christian age. Indeed, I Timothy 4:3-5 suggests that for Christians there are no rigid stipulations of abstinence from food, "For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer" (I Tim.4:4-5). Christians are, however, required to abstain from certain foods to avoid offending the conscience of weaker brethren (Rom.14:1-23, where verses 2 to 6

suggests that abstention from eating certain meats on special days is meant),- an act of restraint in the interest of another individual and not by definition a "fast".

Non-obligatory fasting is mentioned throughout the Bible. It was practised during times of deep grief, such as while mourning the death of someone (I Samuel 31:11-13; II Samuel 1:11-12) or to show repentance and contrition when people learned that God was about to bring great calamity upon them (Jonah 3:1-10). Fasting was also used to demonstrate humility, as when David fasted to humble himself while praying for his enemies (Psalm 35:12-14). Fasting humbles the chastened soul (Psalm 35:13; 69:10), making his prayers more likely to be heard (Ezra 8:21-23).

Just as frequently, God's people fasted when they desired to focus completely on Him. On those occasions, fasting expressed that, as crucial as food was to their very existence, it was not as important as their relationship with Him. Thus, in the face of imminent attack, Judah's king declared that everyone should fast while they sought God's aid (II Chronicles 20:1-4). When Daniel in the midst of unbelievers wanted to focus his attention on God, he fasted (Daniel 9:3). Jesus was referring to this purpose of fasting in Matthew 17:19-21. Back when evil spirits were among men, it took extreme focus on God, - and great faith that He would answer prayers.- to drive them away. The Lord Himself fasted in preparation for His encounter with the Evil One (Matt.4:1)

As they should imitate the non-obligatory fasting of Old Testament characters in their moments of grief or need, Christians should also follow the example of the early disciples, who fasted before major events and before major decisions,- occasions when they needed God foremost in their minds (Acts 13:2-3; 14:23). Besides, such fasting would reflect a lacking in their present, earthly life, and the fact that they are desiring to have their Lord be with them. When Jesus was asked why His disciples did not fast as other Jews, He replied, "*Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast*" (Matthew 9:14-15).

Christians should also imitate Paul, who listed fasting among those things which identify him as a minister of Jesus Christ (2 Cor. 11:23-28; 1 Cor. 11:1).

The world at large regards fasting as a means of promoting one's health. For Christians, however, fasting is a personal matter to be encouraged for spiritual development, especially as a compliment to prayer (Matt. 17:20-21; Mark 9:29). The practice also allows them to experience a little of the pain and sorrow of the poor and hungry whom they are to serve (Matt.25:34-45; James 2:15-17). It does not make a child of God "more righteous" nor can it guarantee that God will answer his prayers (Isaiah 58:1-14; Zech.7:5-10). Fasting certainly should not be practiced to be seen of people (Matt.6:16-18).

SJ NEWS UPDATE

OUR GUESTS LAST WEEK

Sun - Gopi, Mr & Mrs Khoo & daughters (SJ's guests) * William (Sui Lin's husband) * Michael Beh (Pauline's guest) * Yit Meng (Karen's guest)

Mandarin: Terrance (Pow Chin's guest) * Mr & Mrs Low (walk-in)

OUR VISITORS LAST WEEK

Sun - DiPalmas (India) * Sis Wong, Catherine and family (Klang) * Karen (JB) * Kellie (Skudai)

Mandarin - Candy (Kuantan)* Pow Chin & Caroline (Klang)

PRAYER REQUESTS

For the health of: Doris Chan (KL), Francis, Katherine, JC Choate, Frank Pierce, Mahiban, Sarojini, Gary, Mr Chiah Tee Sang (Sis Tee's brother-in-law), Ah Ngen (Han's brother), Steven How (*Daybreak* printer) * Santhi and family * **Charlie DiPalma's eyesight and Leela's & Sarojini's health** * **STPM - Benjamin**

AWAY FROM US THIS MORNING: Andrew in China and Eng in Kuching, both on work assignment.

A NOTE FROM BESSIE AND MARY YEOW:

"We are touched and thank all of you from the bottom of our hearts for your prayers, assistance, donations, attendance, care and love rendered to us during our recent bereavement, the demise of our mum/mum-in-law, Madam Pang. Please continue to uphold us in your prayers.

HAPPENING THIS WEEK:

- Engs home fellowship at 8pm, Tuesday, 18 September
- Chans' home fellowship at 8pm, Wednesday, 19 September
- Ladies visitation to Leela & Sarojini 3pm, Saturday 22 September

PROGRAMMES COMING UP

1. Sunday school outing at 8.30am, Saturday, 6 October in Lake Gardens, KL
2. Sunday school workshop with Mary DiPalma Saturday, 27 October 2007