

美佳堂主日庆典

MEGA CMC SUNDAY CELEBRATION

09.07.2023

8.30am/11.00am

主日庆典程序 Order of Sunday Celebration

敬拜赞美 Praise & Worship

叶大卫与团队

祷告 Prayer

陈莲娜传道

使徒信经 Apostles' Creed

欢迎 Welcome

主席: 陈恩赐弟兄 (8.30am) /
张德兰姐妹 (11.00am)

报告 Announcement

奉献 Offering

祷告 Prayer

背诵经文 Scripture
Memorization

歌罗西书 Colossians 3:17

读经 Scripture Reading

罗马书 Romans 7:15-25a

证道 Sermon
与罪恶之战

讲员: 陈莲娜传道
翻译: 李艳芳姐妹

回应诗 Response Song

祝祷 Prayer

陈莲娜传道

美佳堂主题
Mega CMC Theme

合神心意的世代
Generations After God's Own Heart

背诵经文 Scripture Memorization

你们无论做什么，或说话或行事，都要奉主耶稣的名，藉着祂感谢父上帝。
 And whatever you do, in word or deed, do everything in the name
 of the Lord Jesus, giving thanks to God the Father through him.
 歌罗西书 Colossians 3:17

16/07	下主日圣工人员 (请代祷) Next Sunday Ministry Personnel			国语崇拜	成人	主日学
	8.30am	11.00am		Bkt Lanjan	28	13
讲员	何汉寅牧师			Kg Kemensah	5	19
翻译	-	林斌生弟兄		Kg Ganoh	9	10
主席	傅庭辉弟兄	黄力腾弟兄		Kg Tanjung Keruing	-	-
敬拜团	官恩爱/黄颖圣与团队			Kg Batu Hitam	5	7
团契/聚会出席人数 Fellowship/Meeting Attendance						
01/07	线上	星期六晨祷	24	Kg Kemomoi	-	-
	实体	初少	14	Kg Bukit Biru	-	-
	实体	MJYF	52	Kg Jubau	-	-
	实体	大专团契	34	Kg Banai	8	5
				Kg Petai	-	-
				Muadzam Shah	-	-
					55	54
				109		

主日崇拜出席人数及奉献 Sunday Attendance & Offering				
02/07		实体	线上	奉献
中文	8.30am (423) 11.00am (251) 主日学-成人 (88)	762	73	RM 13, 971.98
MEC	8.30am (13) 11.15am (98)	111		RM 2, 277.84
主日学	8.30am (119) 11.00am (110)	229		
美佳厦大	10am	58 (incl Zoom)		RM 206.00

温馨提醒 Friendly Reminder:

- ! 崇拜者可自由选择是否佩戴口罩
- ! 若感到不适 (咳嗽/伤风感冒/喉咙不舒服)，建议可戴上口罩或选择参加线上崇拜

通告 Notice

每日读经计划

凡事在7月9日之前完成180天的圣经阅读，
可以索取小礼物哦~

方式：

1. 扫描二维码填写个人资料
2. 9/7到Lobby柜台登记



Explore life faith & meaning.

Sundays | 2-3.30pm
Aug 6th - Oct 1st, 2023 @ MEC Hall

#TryAlpha

Alpha

Register here!

爱心三合一 健康检验配套

有兴趣购买配套固本者可联络 陈牧师/小组组长
(美佳堂办事处 03-61579711)

This voucher entitles you to ONE (1) **CMC COMPREHENSIVE HEALTH SCREENING PACKAGE**

A blood and urine screening comprising 63 tests worth RM300
凭此优惠券可享特价RM110进行一项原价RM300的
血液及尿液筛查检测(涵盖63项检测)

RM110

For Lab Use Only
Lab No.: _____
Name: _____
NIC: _____

*By appointment basis for customers aged 35 years & above. This voucher is strictly valid until 31 December 2023. No redemption will be honoured after expiry date. /
顾客须事先预约以上筛查服务(需预约)。此优惠券有效期至2023年12月31日。逾期作废。

Redeemed Date: _____ Branch Chap: _____

“骨髓腔注射检测” (价值RM40)、
身体脂肪指数及血压检测

MEGA WORSHIP 美佳敬拜

WE NEED YOU

AUDITION 2023

Musician

BASS GUITAR / GUITAR / DRUM

CONTACT US AT:
DORCAS 012-451 4118
JOEL 016-253 9985

DATE: 15/7/23

VENUE: MEGA CMC SANCTUARY

TIME: 2PM-3PM

CONNECTIONS 2.0

我有话要说 你听了没?

“你听了没?”

欢迎父母, 以及10-16岁孩子报名

16/7 (星期日) 5-8PM

这里扫码报名

场地导航

美佳堂

有晚餐供应哦!

来临崇拜讲题 Upcoming Sermon Topics (七月 July)

日期 Date	崇拜 Service	讲题 Topic	经文 Scripture	讲员 Speaker
16/07 (Sun)	Mega CMC	不要让福气漏气	撒上 10:24	何汉寅牧师
	MEC	Listen, Hear (8)	Rev. 3:14-22	Rev. Matthew
	MXMU	What's Next	徒 3:1-10	张家鑫神学生
23/07 (Sun)	Mega CMC	Relationship with God	诗 100:1-5	Rt. Rev. Kaleem John
	MEC	Listen, Hear (9)	Rev. 22:6-21	Rev. Matthew
	MXMU	听 (2)	创 22:1-14	林明威传道

为孕妇代祷 Pregnancy

1. 林垂和太太(陈美宁)于今年7月生第二胎。
2. Nelson Oon 太太(Iris)于今年8月生第三胎。
3. 萧进盛太太(廖温涵)于今年8月生第一胎。
4. 张家鑫太太(李铭芳)于今年9月生第一胎。(美佳厦大)
5. 黄力腾太太(Janette)于今年10月生第一胎。
6. Bryan Chong 太太(Ella) 于今年10月生第一胎。

2023年 新生宝宝统计 (2022年 共20个)

一月份: 0个	二月份: 1个	三月份: 2个
四月份: 0个	五月份: 4个	六月份: 2个

2023总计: 9个

靠着圣灵，随时多方祷告祈求；
并要在此警醒不倦，为众圣徒祈求。

以弗所书 6:18

代祷事项 Intercession

- 会友扬旗的父亲林世光(76岁)双脚因糖尿曾进行截肢。现在又有伤口，请祷告脚上的伤口有好的复原。在信仰上，学习仰望主，在生活上需要有纪律照顾身体。扬旗的母亲吴秀莲(76岁)曾患乳癌并完成了化疗及电疗。请祷告癌细胞不复发，也为着其救恩祷告。
- 刘舜美(77岁)日前确诊大肠癌，手术于30/06/23顺利完成，目前尚在观察幻觉肺部积痰症状，伤口恢复，心脏、血压和血液指标。祷告求神赐下智慧给主治医生及团队医生，并守望肿瘤检验没有扩散，疼痛缓和，免细菌感染，免引发的并发症，内外伤口愈合康复，行动的灵活，免幻觉混乱迷茫，恢复记忆力。全然交托上帝大能掌握怜悯，祈求大大赐下奇妙作为。

奉献 Offering

支票抬头 **Cheque payable to:** Mega Chinese Methodist Church

互联网或ATM转帐 **Internet Banking/ATM transfer**

Maybank: 5124 9111 3045

Public Bank: 3161 350 122

请电邮通知 Please notify the third party by email to:
megacmcoffering@gmail.com 或把收据放进奉献信封
or put the bank-in slip into offering envelope.



DuitNow 奉献 Offering

在美佳堂举行婚礼须知 Weddings in Mega CMC

爱心提醒，若您欲在美佳堂举行婚礼，请至少于一年前通知教会。
教会将为您安排六至八次的婚前辅导课程，需用两至三个月来完成。

Gentle reminder, if you plan to hold a wedding in Mega CMC,
please inform the church for at least a year in advance.

As the church will arrange pre-marital counselling sessions of 6 - 8 times, which takes 2-3 months to complete.



基督教卫理公会美佳堂 Mega Chinese Methodist Church
2, Jln. PJU 5/16, PJU 5, Dataran Sunway,
Kota Damansara, 47810 PJ.
Tel: 03-6157 9711 Fax: 03-6150 6132
Homepage: www.megacmc.org.my
Facebook: Mega Chinese Methodist Church (美佳堂)
Instagram: mega_cmc
Youtube: MegaCMC 美佳堂

Office Hour
Mon: Off
Tue - Fri: 9am - 5pm
Sat: 2pm - 6pm

wifi password: Psalm96:9

与罪恶之战

The Battle Against Sin

9/7/2023

经文 Text: 罗马书 Romans 7:15-25a

陈莲娜传道编写

¹⁵ 因为我所做的，我自己不明白；我所愿意的，我并不做；我所恨恶的，我倒去做。¹⁶ 若我所做的，是我所不愿意的，我就应该承认律法是善的。¹⁷ 既是这样，就不是我做的，乃是住在我里头的罪做的。

¹⁵ I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.

¹⁶ Now if I do what I do not want, I agree that the law is good. ¹⁷ But in fact it is no longer I that do it, but sin that dwells within me. (NRSV)

罗马书 Romans 7:15-17

¹⁷ 既是这样，就不是我做的，乃是住在我里头的罪做的。¹⁸ 我也知道，在我里头，就是我肉体之中，没有良善。因为立志为善由得我，只是行出来由不得我。¹⁹ 故此，我所愿意的善，我反不做；我所不愿意的恶，我倒去做。²⁰ 若我去做所不愿意做的，就不是我做的，乃是住在我里头的罪做的。

¹⁷ But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹ For I do not do the good I want, but the evil I do not want is what I do. ²⁰ Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

罗马书 Romans 7:17-20

1) 不再是罪的奴仆 No longer being a slave to sin

⁶ 因为知道，我们的旧人和他（耶稣）同钉十字架，使罪身灭绝，叫我们不再做罪的奴仆。

⁶ We know that our old self was crucified with him so that the body of sin might be destroyed, so we might no longer be enslaved to sin.

罗马书 Romans 6:6

#1 属灵的呼吸 Spiritual Breath

呼出我们的罪 Exhale sin through our breath

- 承认你的罪，就是同意神对你的指责，并且感谢祂的赦免（约一 1:9 & 希 10:1-25） To confess your sin is to agree with God's charge against you and to thank Him for His forgiveness.

吸入神的圣洁 Inhale the holiness of God

- 让基督管理你的生命，凭信心接受圣灵的充满，并且相信祂现在已经管理你，使你得着能力（弗 5:18 & 约一 5:14-15） Let Christ rule over your life, receive the fullness of the Holy Spirit by faith, and believe that He is now ruling and empowering you.

乃是住在我里头的罪做的 (罗 7:17 & 20)

It is the sin that dwells in me that is at work (Ro.7:17&20)

思考 Reflection:

信耶稣，有圣灵内住于心。为何还有罪住在我们里面，叫我们犯罪呢？

He who believes in Jesus has the Holy Spirit indwelling in his heart. Why does sin still dwell in us and cause us to sin?

2) 认识两律的交战 (神的律 vs 犯罪的律) The battle of Two Laws (The Law of God vs. the Law of Sin)

²¹ 我觉得有个律，就是我愿意为善的时候，便有恶与我同在。²² 因为按着我里面的意思，我是喜欢神的律，²³ 但我觉得肢体中另有个律和我心中的律交战，把我掳去，叫我附从那肢体中犯罪的律。

²¹ So I find it to be a law that when I want to do what is good, evil lies close at hand. ²² For I delight in the law of God in my inmost self, ²³ but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members.

罗马书 Romans 7: 21-23

2) 当认识我们的旧人/老我/罪恶的本性 Recognizing our old self/ sinful nature

⁶ 因为知道，我们的旧人和他（耶稣）同钉十字架，使罪身灭绝，叫我们不再做罪的奴仆。

⁶ We know that our old self was crucified with him so that the body of sin might be destroyed, so we might no longer be enslaved to sin.

罗马书 Romans 6:6

3) 得胜的秘诀 The secret of Victory

²⁴ 我真是苦啊！谁能救我脱离这取死的身体呢？²⁵ 感谢神！靠着我们的主耶稣基督就能脱离了。

²⁴ Wretched man that I am! Who will rescue me from this body of death? ^{25a} Thanks be to God through Jesus Christ our Lord!

罗马书 Romans 7:24-25a

3a) 认识自己的贫乏 Recognize that you are poor in spirit

⁹ “人心比万物都诡诈，坏到极处，谁能识透呢？”

“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?”

耶利米书 Jeremiah 17:9

3b) 相信耶稣基督所做的 Believe in What Jesus Christ has done

⁸ 你们得救是本乎恩，也因着信。这并不是出于自己，乃是神所赐的；⁹ 也不是出于行为，免得有人自夸。

⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.

以弗所书 Ephesians 2:8-9

什么是属基督的性情与渴望？

以神为中心的性情与渴望：

不再自视过高，而是谦卑的归荣耀给上帝！

不再鲁莽行事，而是恭敬等候神、耐心等候神的指示

不再自以为是，而是谨慎小心的跟从神、遵守神的命令

不再自私自利，而是看重基督国度的荣誉，看重众人的利益

不再怀疑神的爱，而是越来越信任神，越来越让神掌权

不再率性的埋怨，而是越来越仔细的数算神的恩典

3c) 属灵的呼吸 Spiritual Breath vs 窒息感 Sense of asphyxia

呼出我们的罪 Exhale sin through our breath

- 承认你的罪，就是同意神对你的指责，并且感谢祂的赦免（约一 1:9 & 希 10:1-25） To confess your sin is to agree with God's charge against you and to thank Him for His forgiveness.

吸入神的圣洁 Inhale the holiness of God

- 让基督管理你的生命，凭信心接受圣灵的充满，并且相信祂现在已经管理你，使你得着能力（弗 5:18 & 约一 5:14-15） Let Christ rule over your life, receive the fullness of the Holy Spirit by faith, and believe that He is now ruling and empowering you.

3d) 抓住耶稣的应许 Seizing the promise of Jesus

²⁸ 凡劳苦担重担的人，可以到我（耶稣）这里来，我（耶稣）就使你们得安息。 ²⁹ 我心里柔和谦卑，你们当负我的轭，学我的样式，这样你们心里就必得享安息。 ³⁰ 因为我的轭是容易的，我的担子是轻省的。”

²⁸ "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

马太福音 Matthew 11: 28-30

3e) 背起自己的十字架 take up your own cross

²⁴ 于是，耶稣对门徒说：“若有人要跟从我，就当舍己，背起他的十字架来跟从我。

Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me.

马太福音 Matthew 16:24

4) 得胜的秘诀 The secret of Victory

²⁴ 我真是苦啊！谁能救我脱离这取死的身體呢？ ²⁵ 感谢神！靠着我们的主耶稣基督就能脱离了。

²⁴ Wretched man that I am! Who will rescue me from this body of death? ^{25a} Thanks be to God through Jesus Christ our Lord!

罗马书 Romans 7:24-25a

每日的祷告 Daily Prayer

亲爱的天父，我需要祢。我承认我一直在以自我的方式管理我的生命，以致得罪了祢。感谢祢让耶稣在十字架上为我而死，感谢祢藉着祂的死赦免了我的罪，藉着耶稣的复活使我得以称义。现在，我要再次请求耶稣基督管理我的生命，并请求祢再次用圣灵充满我，更新我的力量，给我力量来荣耀主；使我靠着耶稣基督所赐予的恩典，追求圣洁和胜利。奉主耶稣基督的名祷告，阿门。

Dear Heavenly Father, I need You. I confess that I have been managing my life in a selfish way, so that I have sinned against You. I thank You that You let Jesus die for me on the cross, that You forgave my sins through His death, and justified me through Jesus' resurrection. Now I will ask Jesus Christ again to govern my life, and ask you to fill me again with the Holy Spirit, renew my strength, and give me power to glorify the Lord; that I may pursue holiness and victory by the grace given to me by Jesus Christ. I pray this prayer by faith in the name of the Lord Jesus Christ, Amen.