

美佳堂主日庆典
MEGA CMC SUNDAY CELEBRATION
14.08.2022 ⌚ 8:30am & ⌚ 11:00am

主日庆典程序 Order of Sunday Celebration

敬拜赞美 Praise & Worship

郑企春与团队

祷告 Prayer

陈恩赐弟兄 (8:30am)

张德兰姐妹 (11:00am)

使徒信经 Apostles' Creed

儿童诗班 Children Choir Presentation

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

彼得后书 2 Peter 3: 9

读经 Scripture Reading

腓 Philippians 4:6-7

证道 Sermon

讲员: 黄约辉牧师

*放下，一门心灵的功课 Letting
Go, A Lesson of the Inner Heart*

翻译: 吴惠中姐妹

回应诗 Response Song

祝福 Benediction

黄约辉牧师

美佳堂主题
Mega CMC Theme

合神心意的世代
GENERATIONS AFTER GOD'S OWN HEART

主没有迟延祂的应许，就如有人以为祂是迟延，其实祂是宽容你们，不愿一人沉沦，而是人人都来悔改。 **The Lord is not slow to fulfil his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.**

下主日圣工人员 (请代祷) Next Sunday Ministry Personnel			
8.30am (华语)		11.00am (华语/英语)	
讲员	陈逸耀弟兄 Bro. Philip Tan		
翻译	-	雷耀远弟兄	
主席	傅庭辉弟兄	黄力腾弟兄	
敬拜团	魏友凯/ 陈仪芬与团队		

实体 / 线上聚会出席人数 Fellowship/ Meeting Attendance			
04/08	实体	月首祷告会	57
	线上	星期六晨祷	62
06/08	实体	初少	11
	实体	MJYF	41
	实体	大专团契	39

实体 / 线上主日崇拜出席人数及奉献 Sunday Attendance & Offering				
07/08		Physical	Youtube	奉献
中文	8.30am (298)	576	120	RM11,629.37
	11am (205)			
(主日学) 成人 (73)				
MEC	8.30am (20)	117	-	RM798.00
	11am (97)			
主日学	8.30am (103)	213	n/a	
	11am (110)			
美佳厦大	10am	18	(incl Zoom)	RM254.00

国语崇拜	成人		主日学	
	Kg Kemomoi	3	4	-
	Kg Batu Hitam	8	3	-
	Kg Tanjung Keruing	14	10	-
	Kg Ganoh	16	15	-
	Kg Bukit Biru	11	4	-
	Kg Jubau	5	10	-
	Kg Petai	10	2	-
	Kg Banai	8	5	-
	Muadzam Shah	-	-	-
		75	53	-
		128		



实体崇拜： ** 大家只需要遵守 SOP 来参加崇拜 **

温馨提醒 Friendly Reminder:

注重个人防范措施； 遵守 SOP；

若生病 (咳嗽/伤风感冒/喉咙不舒服)，请留在家里参加线上崇拜。



星期三 2022年8月31日
(9:00am – 1:00pm)



2022美佳堂圣经课程
Mega CMC Bible Course

但以理书

BOOK OF DANIEL

2022年8月31日 (三) 2022年9月10日 (六) 2022年9月10日 (六)
◎ 9:00 AM - 1:00 PM ● 2:00 PM 线上播人

CHRISTIAN EDUCATION
BIBLE COURSE DIVISION
基督教教育圣经课程部

吴慧芬博士 主理
Dr. Elaine Goh Wei Fun
电话: 03-6157-9711

报名截止: 8月21日
名额有限

Mega Youth Rally 美佳青少特会
Fri 16th – Sun 18th Sept

Venue 地点:  美佳堂
MEGA CMC



It is time for Mega Youth to rise up
& go all out! Worship God and
become His disciples together!
又是 Mega Youth 站立起来的时刻! 彼此
连接、聚集敬拜、同心成为主门徒!

主题: FULL SEND 極獻

Main Speaker 主题讲员:
Ps. Benjamin 林明威传道

Scan/Click to register 点击报名
<https://forms.gle/U6obeWVLCehBN2969>
OR

可以联系教会同工家怡/惠凌/各团契小组组长。
You may also contact church staff Shirley/ Hui Ling/ your
group leaders

Closing Date 截止报名: Wed 31/8, 11:59pm

**September 2022 onwards
(7 weeks)**

Day: Sundays
Time: 2:00pm
Venue: MEC Hall



MEC

MEC will be running Alpha for new and non-believers. We encourage you to invite a friend who wants to know about our Christian faith to MEC Alpha.

We encourage those who are bringing a friend to accompany your friend to Alpha as well.

To register, simply scan the QR code and fill in your details. Hope to see you all!



马来西亚基督教公会华人年议会
Chinese Annual Conference
Fellowship Church in Malaysia
Tropic & Marine Network, Loring Hong, Jalan
50150 Kuala Lumpur. Tel: 03-2070 2561
Email: admin@conference.org.my
Website: www.conference.org.my



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

A blood and urine screening comprising 63 tests worth RM300.
先此优惠券可兑换价值RM300的一站式体检(RM300的
血液及尿液健康检查套餐包含63项检测)

COMPLEMENTARY BONE SCAN* (价值RM65)
(worth RM65, BSA & BP)

Redeemed Date: _____

Branch Code: _____



RM110

For Lab Use Only

Lab No: _____

Name: _____

Age: _____

有兴趣购买爱心三合一验血固本,
可联络陈牧师/ 小组组长。

[RM110/pc]

If you are interested to purchase Blood Test
Voucher, you may contact Pr Tan/ LG leader
or **WhatsApp to +60361579711.**

来临崇拜讲题 (八月 August) Upcoming Sermon Topics

日期 Date	讲题 Topic	经文 Scripture	讲员 Speaker
14/08 (Sun)	MegaCMC	放下, 一门心灵的功课	腓 Philippians 4:6-7
	MEC		黄约辉牧师
	MXMU	合神心意的世代 (3)	申 6: 4 - 9
21/08 (Sun)	MegaCMC		陈逸耀弟兄
	MEC	Witness	Luke 2
	MXMU	门徒行者: 挑战	路 14:25-33
28/08 (Sun)	MegaCMC	末日敬拜勇士的生命	出 Exodus 34:14
	MEC	Witness	Luke 3:1-20
	MXMU		曾凯信传道

为考生代祷 Pray for Examination students

IGCSE (May & Nov 2022)

Samantha Leong 梁心怡; Eleanor Lim 林洁柔。

代祷事项 Intercession

- 会友扬旗的母亲吴秀莲 (75 岁) 患第三期乳癌。感谢主恩，让她顺利还完成了 4+12 针化疗 & 15 次电疗。目前，已经回家乡休养了。
- 叶文康 (37 岁) 被诊断上皮样血管内皮瘤。因高钙血症，目前住院中。现在在做着靶向治疗 (曲美替尼)。在这考验的时刻，求神加添他的信心，保守他的身体能够承受药物所引起的副作用，并且让药物能发挥其功效，恢复他的健康，使身体得痊愈。

为孕妇代祷 Pregnancy (2021 年新生儿共 20 个)

2022 年新生儿统计

1. Rev Matthew Cho 太太 (彩燕) 于今年 8 月生第二胎。
2. Dony Siaw 太太 (嘉美) 于今年 9 月生第一胎。
3. 谢智勤太太 (Carmen 陈舒怀) 于今年 9 月生第一胎。
4. 傅庭辉太太 (蓝淑虹) 于今年 10 月生第一胎。
5. Aaron 太太 (Shi Yun) 于今年 12 月生第一胎。
6. 刘世统太太 (梅婷) 于今年 12 月生第一胎。

2022 年新生儿统计	
一月份:	2 个
二月份:	1 个
三月份:	2 个
四月份:	2 个
五月份:	3 个
六月份:	1 个
七月份:	2 个

共 13 个

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。因为教会要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 wedding in Mega CMC, please inform the church for at least a year in advance. As the church will arrange pre-marital counseling sessions of 6 - 8 times, which takes 2-3 months to complete.

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:

megacmc offering@gmail.com
或把收据放进奉献信封。



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

放下，一门心灵的功课

Letting Go, A Lesson of the Inner Heart

14/8/2022

经文 Text: 腓立比书 Philippians 4: 6-7

黄约辉牧师编写

1. 愤怒解决不了问题，反而让自己陷入更大的痛苦中。
Anger cannot solve problem, instead it will only cause oneself to fall into greater suffering.
2. 不要一受到伤害就以为是别人造成的。
Do not think that it was other's fault that causes you to feel hurt.
3. 拿别人的错误来处罚自己是愚蠢的。
Punishing own self because of the wrongdoings of others is a foolish act.
4. 不要让怨恨与怒气引导人生，这只会将我们引到更悲惨的方向。
Do not let hatred and anger to lead your life, as this will only drive you to an even worst situation.
5. 伤害我们的，经常是我们自己的弱点，所以，应当要学习放下。
What hurts us most is probably our own weaknesses, therefore, ought to learn to let go of it.

在人生的每一个阶段，要定期检查行李，随时减轻重担，让自己活得更轻松，更自在。

Regularly ask why we carry what we do and try to lighten our loads, because the good life is worth striving for at every age.

选择放下，才会轻松上路。

Choose to let go in order to walk on the path easily.

1. 明白放下的意义 Understand the meaning of letting go

- 放下就是交托。
To let go is to commit.
- 彼得前书 1 Peter 5:7 要将一切忧虑卸给上帝，因为祂顾念你们。
Cast all your anxiety on him because he cares for you.

- 当将心灵的重担放下，交给天父上帝。
Cast down our burdens and commit it to Father God.
- 痛苦的根源，在于放不下【我的】。
The root of suffering lies in being unable to let go of what [is mine].
- 任何的东西一有【我的】就会产生痛苦。
All things will bring sufferings when it turns into [being mine].
- 世上一切的痛苦都是来自【我的】，如果放不下【我的】，很难得到心灵的安宁。
All sufferings in this world comes from [is mine], if one is unable to let go of what [is mine], than it is very difficult to have a peace of mind.
- 不是钱财让你贪心，不是地位让你堕落，
It is not money that caused you to be greedy, it is not fame that caused you to fall,
- 不是感情让你疯狂，不是欲望让你痛苦，
It is not feeling that caused you to go insane, it is not desires that caused you to suffer,
- 真正的原因是因为你放不下。
The actual cause is because you are not able to let go.

「如果放不下愤怒、怨恨、忧虑，心灵的痛苦将是永无止尽。正如你不放下手中的火，迟早会被它烧伤。」

If one is not able to let go of their wrath, hatred, depression, than the suffering in the inner will never cease. Just like if you do not let go of the fire in your hands, sooner or later it will burn you hand.

能够放下，才能换取一生的幸福。

Being able to let go brings lifetime happiness.

诗篇 Psalms 37:5 当将你的事交托耶和华，并倚靠祂，祂就必成全。

Commit your way to the LORD; trust in him, and he will act.

1. 我们必须借著祷告，把我们的重担带到上帝的面前放下。
We have to cast down all of our burden before God through prayers.
2. 我们应当靠著主赐给我们的力量，面对我们的困境。
We ought to depend on the strength given by God to face our adversities.
3. 相信凡事都在上帝的掌握中，祂必成全我们所交托给祂的事。
Trust that all things are in God's control and He will fulfill our wish.

2. 实践放下的方法 The practical way to let go

诗篇 Psalms 46:10 你们要休息，要知道我是上帝。 Be still, and know that I am God.

创世记 Genesis 2:2 上帝造物的工已经完毕，就在第七日歇了祂一切的工，安息了。 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

- 「你们要宁静」 Be still
 - 宁静是心灵的平静与安稳。
Still is the quietness and peace of the inner heart.
 - 心灵的放松是建立在我们对上帝的信仰。
Relaxation of the mind is built on our faith towards God.

腓立比书 Philippians 4:11-13

我无论在什么情况之下，都可以知足。我知道怎样过贫困的生活，也知道怎样过富裕的生活。我已经得到秘诀，饱足好，饥饿也好，丰盛好，缺乏也好，我都知足。借著基督所赐的力量，我能够适应任何情况。

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

相信上帝，并依靠祂，面对生活。
Believe in God and trust in Him to face life.

- 「要停止争战。」 Stop fighting
- 「生活是个战场，而你是一名战士。」 Life is a war, and you are the warrior.
- 「不要再抓住了，要放手，要知道我是上帝。」 That's enough! Now know that I am God!

这位老人家抓住糖果，还是被糖果抓住呢？

The old man wants to grab on the sweet or he is being grabbed by the sweet?

任何你想抓住的东西，将反过来抓住了你。

Anything that you wanted to grab on to later will turn around back and capture you.

「Let Go, Let God.」 「放手，让上帝来。」

若要学习放下，就让我们放松，放手，放弃，让上帝掌管，让上帝引导。

If we want to learn how to let go, let us relax, let go, give up, let God control and let God guide us.

3. 享受放下的成果 Enjoy the result for letting go

- 「上帝所赐出人意外的平安，必在基督耶稣里，保守你们的心怀意念。」
And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- 宁静就是内心平静，没有烦恼与混乱。
Still is having the peace in the inner heart, without worries and confusion.
- 踏实就是内心稳固，没有动摇。
At ease is to be steady in the inner heart and stand firm.
- 「临危不乱。」
Be calm in the hour of peril.

- 「保守」 Guard
 - 「保守」就有了保护与防卫外来侵略和攻击的意思。
「Guard」 means to have guidance and able to defense from the attack of foreign aggression.

当上帝的平安进入我们的心灵深处，我们也不会受外界大风浪的影响。
When the peace of God is in our heart, we will not be influenced by the storm from the outside world.

放下压力，活得轻松； Let go of stress, live easily;
放下烦恼，活得幸福； Let go of worries, live happily;
放下自卑，活得自信； Let go of inferiority, live with confidence;
放下消极，活得成功； Let go of passiveness; live successfully;
放下埋怨，活得舒坦； Let go of grumble, live easily;
放下狭隘，活得自在。 Let go of bias, live freely.

放下，是一种生活的智慧，也是一门心灵的功课。
Letting go, is the wisdom of life, and a lesson of the inner heart.