



GO &



MATTHEW 28:19

MAKE DISCIPLES

马太福音28:19

去使万民 作主的门徒

传扬福音 - 宣告信仰 - 转化生命



July 2022

Senior Pastor's Message

With my warm greetings in the most precious name of our Lord Jesus Christ!

We are stepping into the second half year of 2022 with a 3-day of Fast & Pray from 1 July to 3 July 2022, acknowledging our dependence upon the Lord. In this 3-day of Fast and Pray, we want to invite the Holy Spirit to stir afresh in our hearts and to embrace the desire and posture for revival in CBC. I take this opportunity to invite you to join us in seeking God during these three days. Do follow the prayer guidelines: The Seven Steps to Revival (taken from Psalm 85) for your time of prayer.

In this issue, I would like to talk to us about fasting, specifically the call to corporate fasting as a church. Jesus clearly said there is a reward in both corporate and individual fasting. Read Matthew 6:16-18.

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you (NIV).

I believe in these verses, we see a corporate and individual call to fasting. Jesus did not say if you fast but 'when you fast.' Jesus expects His people to fast corporately as a church with the right motivation. When we do so, He will reward us. Charles Spurgeon the great English preacher, understood the reward. He wrote: 'Our seasons of fasting at the tabernacle have been high days indeed; never has Heaven's gate stood wider; never have our hearts been nearer the central glory.'

I do believe that the Holy Spirit would have us to advocate regular seasons of fasting and prayer in CBC. Charles Finney, when faced with loss of spiritual power and dryness of soul, would withdraw for a day to fast and pray. Then the power would return. Our church is also subject to spiritual decline. Regular seasons of fasting to be still in God's presence

and to listen to God, and to present our prayers and petitions to our God, will help us to return to vibrancy and fresh excitement and passion.

“Even now, declares the LORD, return to Me with all your heart, with fasting and weeping and mourning.” (Joel 2:12, NIV).

Fasting is a God-given means for returning to our first love. Fasting is a prescription to seek Him with our hearts. The author to the Hebrews 11:6 says that ‘He (God) rewards those who earnestly seek Him’ (NIV). In a culture dominated by pleasure-seeking, it is the time for CBC as a Church to give herself to regular seasons of seeking God such as the current season of 3-day of fast and pray. And dearly beloved, truly our reward is Him!

I believe that regular seasons of fasting and prayer are like spiritual chiropractic adjustments. Chiropractic is a healthcare profession that cares for a patient’s neuromusculoskeletal system – the bones, nerves, muscles, tendons, and ligaments. A chiropractor helps manage back and neck pain through the use of spinal adjustments to maintain good alignment. Just like a chiropractor, regular seasons of fasting and prayer realign us with Christ who is the Head of the Body. The purpose of fasting is to align our hearts with God’s heart. We are not trying to get something from God, but to realign our hearts, affections and priorities with His. A posture of humility, earnest desire and spiritual hunger for God are the soil for the planting of His presence and fasting is a way to prepare that soil.

From Isaiah 58, we can see God’s heart and promises concerning corporate fasting. If done with the right motivation and outward expression of love for the LORD, He promises “your healing will quickly appear” (Isaiah 58:8, NIV). Corporate health can quickly be released to a church in a season of true humility and repentance expressed in fasting. I trust this will be our heart’s cry and heartfelt desire to see God @ work in our day and in our time.

Let me share with you in brief the benefits of fasting as outlined in God’s Word.

1. Fasting breaks personal bondage and sins – Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? (Isaiah 58:6).

2. Fasting is a spiritual weapon against satan – This kind can come forth by nothing but by prayer and fasting (Mark 9:20)
3. Fasting releases our vindication – Your light will break forth like the morning (Isaiah 58:8a)
4. Fasting prepares us for ministry - Your light will break forth like the morning (Isaiah 58:8a). The light also speaks of our influence (Isaiah 58:12 – Repairer | Restorer).
5. Fasting gives us a healthy body - Your healing will speedily spring forth (Isaiah 58:8b). Fasting is a natural process of physical therapy. The body cleanses itself of toxins, pollutants and cholesterol stored up in the excessive fats and tissues of the body. After the fast, you may have a “brand new” stomach and bowels. Some testified that their blood pressure has been normalized after fasting.

Dr James and Phyllis Balch write in Prescription for Nutritional Healing:

Fasting can help reverse the aging process and if we use it correctly, we will live longer, happier lives ... you can fight off illness and degenerative diseases so common in this chemically polluted environment we live in ... you heal faster, give your organs a rest, clean your liver or kidneys, purify your blood, cleanse your colon, lose unnecessary weight, get rid of toxin buildup in tissues, clear the eyes and tongue, cleanse the breath and loose excess weight.

6. Fasting makes us sensitive to God's presence – The Glory of the Lord shall be your reward (Isaiah 58:8c). Fasting helps us to draw close to God and enjoy His presence.
7. Fasting releases special power or deliverance – You will call and the Lord will answer, you will cry and He will say “Here I am” (Isaiah 58:9)
8. Fasting opens our spiritual eyes and ears – The Lord will continually guide you (Isaiah 58:11)
9. Fasting releases prosperity – The Lord will satisfy your soul with every good thing and make fat your bone (Isaiah 58:11)

10. Fasting enables us to be refreshed by the Word – You will be like a watered garden. Like a spring of water, whose waters do not fail (Isaiah 58:11)
11. Fasting changes the destiny of nations and people – You will rebuild the ancient ruins, you will raise up the foundations of many generations, you will be called the repairer of broken walls, the restorer of the streets in which you dwell (Isaiah 58:12)

In addition, we see that national crises and catastrophes were also averted through fasting (2 Chronicles 20:3; Jonah 3:5,10). Take note of how the people who were in exile prayed (Ezra 8:23). Though their return from exile was prophesied and promised, the actual fulfillment of it came only after prayer and fasting.

I will end this issue with some practical guidelines on how to fast, given that they are many who are new Christians and those who would like to take the first step in learning to fast.

You are free to fast however the Spirit leads you. Some suggestions for you:

Fasting Options

Normal Fast

Abstain from solid food for 24 hours. Drink only water. If you choose to go for normal fast for 3 days, determine your health condition or seek doctor's advice.

Partial Fast

Abstain from solid food for an extended part of the day. Drink only water. The time is a matter of the individual's commitment before the Lord. For example, some may want to keep it at 12 hours from 7.00 am to 7.00 pm. Others may prefer a shorter period, from 8.00 am to 4 pm, breaking fast with a light snack.

One-meal Fast

Sacrifice one full meal a day. For example, lunch fast or dinner fast.

Daniel's Fast

Abstain from meats and other delicacies. Take only small portion of fresh vegetables, fruits and juices.

Liquid Fast

During a fast, some people drink only water. Others take various kinds of fluid, such as fruit juices, broth, soya bean, etc. It is wise to abstain from strong stimulants e.g. tea or coffee.

Preparation for a Fast

One thing to guard against is constipation. If you are going to fast, your last meal or two should be something easily digestible and with more fiber content. Take more than the usual amount of fruit, salad, juice or bran cereal.

Start with great expectation. Believe there is a definite reward from God for God is a rewarder of them that diligently seek Him (Matthew 6:17-18; Hebrews 11:6). Focus on God and still your hearts to hear His voice.

During the Fast

1. Begin with self-examination

Read Isaiah 58. What are the wrong attitudes that you possess? What are the things that you have neglected to do? There are sins of omission. They are just as serious as the sins of commission. Do we oppress someone? Have we neglected to help the needy? Read Isaiah 58 thoroughly and meditate on the passage. Keep a journal for God during the fast and record your insight.

2. Persevere

Realize the going can be tough. There is no promise that you will fully enjoy the fast all the time. Make a decision to stick to it. Stay among people of faith and of like-mind. Otherwise, you will be distracted and be tempted to eat. Adopt an attitude of prayer as you go about each day's duties at home, work or college/school.

3. Changes

Remember, during the fast, the body is getting rid of pollutants e.g. fat and cholesterol. The body goes through various stages such as

- a) Craving – the stomach has been used to several meals a day, and will send out signals that it needs food. It is best to consume a lot of water, or a little cereal or malt drink. Avoid coffee/tea.
- b) Discomfort – those that are fasting more than 1 day may experience dizziness, headaches, stomach pain and general weakness. It is an indication that a fast is long overdue. The body is actively excreting the pollutants of the body, hence there is a measure of discomfort, but this will eventually pass. Those with gastric problems may have to consider not going on a normal fast.

4. Guard against discouragement

Be on guard all the time. You are in warfare. You may face great temptations. You may find strange oppressions begin to come to you – doubt, fear, loneliness. Do not do things as you please for your own pleasure. Fast from things that distract e.g. TV, internet, computer games, etc. or things that destroy (e.g. careless and unkind words, wrong attitudes, etc.).

After the Fast

Break your fast gradually and wisely with light non-oily and easily digestible food. Start with fruits. Guard against eating too much, or you can cancel the physical benefit of that fast. If you only fast one meal and eat twice as much the following meal time, you have not fasted. You have only adjusted your meal time.

Dearly beloved, let us seek God with great expectancy in this 3-day Fast and Pray. Fasting is the deliberate abstinence of food for spiritual purposes. It confirms your utter dependence upon God by finding in Him your source of sustenance beyond food. I trust that as we fast, we can expect to break through into the realm of the Spirit in a dimension that we have never had before. Let us seek God's face and open ourselves to His highest purposes in our lives, individually and corporately. The Lord be praised!

CBC Preaching Schedule for July 2022

CBC Theme 2022: Go And Make Disciples (Matthew 28:19-20)

Key Verse: Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

Date	Sermon Title	Scripture Passage	SEA Park 9am	Kota Damansara 9am	Puchong 10am	Subang 10am	Kota Kemuning 10am	Kinara 11am	Online Service 10am
Preaching sub-theme: The Disciple of Christ - A Fresh Perspective on Jesus from Hebrews									
3 Holy Communion	Notable Service 1	Selected Scripture	Evangelistic Service - Brother John Kam						
10	Notable Service 2	Selected Scripture	Evangelistic Service - Pastor Andrew Ng						
17	Faith Defined	Hebrews 11:1-7	Pastor Malcolm Lloyd Atkinson	Elder Tan Beng Teong	Pastor Gordon Shum Shi Wen	Elder Sr. Dr. Ong See Lian	Pastor Emeritus Richard Toh	Pastor Ivan Mohan	Pastor Gordon Shum Shi Wen
24	The Discipline of Suffering	Hebrews 12:1-7	Pastor Gordon Shum Shi Wen	Pastor Yong Zhen Kheng	Elder Chan Chew Meng	Bro Chris Ong	Senior Pastor Reynold Lim	Pastor Malcolm Lloyd Atkinson	Senior Pastor Reynold Lim
31	A New Kind of Community	Hebrews 12:18-24	Elder Sr. Dr. Ong See Lian	Senior Pastor Reynold Lim	Dr Eddie Phun	Elder Tan Beng Teong	Pastor Malcolm Lloyd Atkinson	Pastor Ivan Mohan	Elder Tan Beng Teong



牧邻浸信教会 COMMUNITY BAPTIST CHURCH

We are a Cell Church which is / 我们是细胞小组教会，以下述为重

- Bible - based
- Christ - centered
- Spirit - filled
- Family - focused
- Mission - involved
- 圣经为根基
- 基督为中心
- 被圣灵充满
- 家庭为焦点
- 投身于宣教

Our Vision / 教会异象

A passionate community of Christ's disciples committed to the Greatest Commandment fulfilling the Great Commission.

建立一个热切委身於大诫命以完成大使命的基督门徒群体。

Our Core Values / 我们的核心价值观

- Loving God wholeheartedly
- Loving people practically
- Living a Spirit - empowered life
- 全心爱神
- 实际爱人
- 活出大有圣灵能力的生命

English Celebrations

SEA Park	9.00am (Sunday)
Subang	10.00am (Sunday)
Puchong	10.00am (Sunday)
Kota Damansara	9.00am (Sunday)
Kota Kemuning	10.00am (Sunday)
Sibu	7.00pm (Saturday)

英文堂会

东南亚花园	早上 9时	(星期日)
首邦	早上10时	(星期日)
蒲种	早上10时	(星期日)
哥打白沙罗	早上 9时	(星期日)
甘文宁镇	早上10时	(星期日)
诗巫	下午 7时	(星期六)

Tamil Celebrations

Kinrara	11.00am (Sunday)
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淡米尔堂会

金銮镇	早上11时 (星期日)
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Chinese Celebrations

SEA Park, Mandarin	11.30am (Sunday)
SEA Park, Cantonese	10.00am (Sunday-Online Only)
Puchong, Mandarin	10.00am (Sunday)
Kota Damansara, Mandarin	11.30am (Sunday)
Jenjarom, Mandarin	10.00am (Sunday)
Jenjarom, Hokkien	11.30am (Sunday)

中文堂会

东南亚花园	华语堂	早上11时30分 (星期日)
东南亚花园	粤语堂	早上10时 (星期日线上)
蒲种	华语堂	早上10时 (星期日)
哥打白沙罗	华语堂	早上11时30分 (星期日)
仁嘉隆	华语堂	早上10时 (星期日)
仁嘉隆	福建堂	早上11时30分 (星期日)

TOUCH Community Centre 关爱社区中心
124 & 126 Jalan SS2/6, 47300 Petaling Jaya, Selangor.

CBC Local Churches 各堂会地址

SEA Park (English, Mandarin, Cantonese) / 东南亚花园 (英, 中, 粤)
107 & 109 Jalan SS2/6, 47300 Petaling Jaya.

Subang (English) / 首邦 (英)
1 & 3 Jalan USJ 3C/3, 47600 Subang Jaya.

Puchong (English) / 蒲种 (英)
20 Jalan PPU 3A, Pusat Teknologi Sinar Puchong,
47150 Puchong.

Puchong (Mandarin) / 蒲种 (中)
4F-04 IOI Business Park, No. 1, Persiaran Puchong Jaya
Selatan, Bandar Puchong Jaya, 47100 Puchong.

Kota Damansara (English, Mandarin) / 哥打白沙罗 (英, 中)
26 & 28 Jalan PJU 5/16, Dataran Sunway, 47810
Kota Damansara.

Kota Kemuning (English) / 甘文宁镇 (英)
2-1C Jalan Anggerik Vanilla Q31/Q, Seksyen 31,
Kota Kemuning, 40460 Shah Alam.

Kinrara (Tamil) / 金銮镇 (淡)
25-1 Jalan DU2/1, Bandar Kinrara 6, Puchong, 47180
Puchong.

Jenjarom (Mandarin) / 仁嘉隆 (中)
11 Jalan Bacang 17, Taman Seri Jarom, 42600 Jenjarom.

Sibu, Sarawak (English) / 沙捞越诗巫 (英)
Covenant CBC / 圣约牧邻浸信教会
4 Tingkat 1, Lorong Tun Ahmad Zaidi Adruce 28,
96000 Sibu, Sarawak.

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