

THEME FOR JEWISH YEAR  
犹太历 5782 主题  
06.09.2021-25.09.2022

# 灵里更新·再造之恩

Spiritual Renewal, Grace-toration

— 隐密处的平静安稳 PEACE IN HIS HIDING PLACE

我要永远住在你的帐幕里，我要投靠在你翅膀下的隐密处。诗134:1  
I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Ps 134:1

## 小组长进阶课程

Cell Leader Advanced Training II

开课日期 Date/Time:  
**03.08.2022-21.09.2022**  
星期三 Wed 8pm-10pm 共7堂课 7 Lessons

报名截止日期:  
REGISTERED BY **31.07.2022**

费用: **\$20/pax** 报名资格: **按立小组长**  
Fees: \$20/pax Application requirement: **Ordained Cell Leaders**

修正于 Revised on 10.07.2022

### 2022 GK611 装备中心课程

EQUIPPING CENTER'S COURSES

课程名称 Courses	主领教师 Teaching Team	开课日期 Date	报名资格 Application requirement	费用 Fees
华山论剑 Various Bible Study Method	陈牧师 Rev David Tan	6/7-10/8 星期三 WED 8pm-10pm 共6堂课 6 Lessons	完成基要课程 Completed all basic courses	\$20
启示性先知预言祷告服事(二) Prophetic Ministry Lesson II	陈师母与团队 Ps Joanna Tan and Team	10/8-21/9 星期三 WED 7:30pm-10:00pm 共6堂课 6 Lessons	完成启示性先知预言祷告服事(一)课程 Completed Prophetic Ministry Lesson I	\$20
小组长进阶课程 Cell Leader Advanced Training II	教师团队 Teaching Team	3/8 - 21/9 星期三 WED 8pm-10:00pm 共7堂课 7 Lessons	按立小组长 Ordained Cell Leaders	\$20
心心相爱 Heart to Heart	陈师母 Ps Joanna Tan	13/7 - 10/8 星期三 WED 8pm-10pm 共5堂课 5 Lessons	预备要结婚的弟兄姐妹 Brothers & Sisters who are ready to get married	\$20
初信造就 New Believer's Course	李永坚弟兄 Bro Jason Lee	3/7 - 31/7 主日 SUN 11:30am-1pm 共5堂课 5 Lessons	已信主 Believer	-
基督精兵 Army of Christ's Course	周咏韵姐妹 Sis Diane Chew	3/7 - 31/7 主日 SUN 9am-10:30pm 共5堂课 5 Lessons	已信主(已上长大成熟) Believer (Attended Growing through Maturity Course)	-

lovesingapore Love Singapore Movement 爱新加坡运动

# Day of His Power

## 祂大能之日

1 华语现场聚会  
MANDARIN in-person gathering

7.8.2022 星期日 Sunday  
7.30pm-9.30pm  
救主堂 Church of Our Saviour

2 英语现场聚会  
ENGLISH in-person gathering

8.8.2022 星期一 Monday  
7.30pm to 9.30pm

Decentralised by region at six centres 按区域分散在六个中心:

- North 北部: Victory Family Centre Sembawang
- North East 东北部: Living Sanctuary Brethren Church
- East 东部: Bethesda (Bedok-Tampines) Church
- Central East 中央东部: Faith Community Baptist Church
- Central West 中央西部: Church of Our Saviour
- West 西部: Hope Church Singapore

鼓励各小组长和组员一起相约出席合适的场次。  
All cell leaders and cell members are encouraged to meet together to attend suitable session.

## July 2nd Week SALES

10/7/2022- 23/7/2022

Our Shofar:

- Shofar is directly imported from Israel and Kosher certified.
- Every shofar purchased is accompanied with a Kosher certificate issued by the manufacturer.
- The sound quality of the shofar is carefully tested and selected for optimal use.

Yemenite Kudu  
Rams Horn

**10% OFF**

\* Comes with FREE exquisite velvet shofar bag and name tag! (promotional words)  
\* Log on to <https://gk611sg.com/collections/shofar-2> to listen to the sounds of each shofar.  
\* If interested, kindly contact +65 9137 1136 (Ms. Denise Ng)

Terms & Conditions apply.  
\* while stock lasts.  
\* self-collection upon payment.

主日崇拜 Sunday Worship

- 主日崇拜(一) Sunday Worship Services 1 (星期日 Sun) 9am  
华语 Mandarin (信息双语 Sermon Bilingual)
- 主日崇拜(二) Sunday Worship Services 2 (星期日 Sun) 11:30am  
中英双语 Bilingual

牧区聚会 Zone Meeting

- 儿童教会 Children's Church (星期日 Sun) 9am
- 常青团契 Evergreen Fellowship (星期日 Sun) 11:30am
- 青少年聚会 Youth Meeting (星期六 Sat) 4pm
- 职青聚会 Young Adults Meeting (每月第1到第4个星期六 Every 1st to 4th Saturday of the Month) 8pm

祷告会 Prayer Meetings

- 607 Prayer & Worship (每一天 Daily) 6:30pm-7:30pm
- 不同群体祷告会 Prayer Meetings (星期六 Sat) 2pm-3pm

Bus No. 巴士号码: 54, 74, 74e, 410, 851, 852, 410  
From Marymount MRT Station Exit B

神国 G11 灵粮堂 GOD'S KINGDOM BREAD OF LIFE CHURCH  
37 Jalan Pemimpin #01-10/13/14 Mapex Singapore 577177 Tel: 65-6265 7611 Fax: 65-6265 6311  
Email: church@gk611.org Website: www.gk611.org

神国 G11 灵粮堂 GOD'S KINGDOM BREAD OF LIFE CHURCH 2022年07月17日 (vol 15. No 30)

# 承接神国 蒙福生命

Receiving God's Kingdom Transforming Lives

主耶和华的灵在我身上，因为耶和華用膏膏我、叫我传好信息给谦卑的人、差遣我医好伤心的人、报告被掳的得释放、被囚的出监牢。赛61:1

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners. ISAIAH 61:1

### 牧者之声 SENIOR PASTOR'S MESSAGE

## 想突破而不想改变?

Desiring for breakthrough yet reluctant to change oneself



陈炎明牧师, 陈蔡桂芳师母 Rev. David Tan, Ps Joanna Tan

当 遇见事与愿违的时候，你会怎样？例如期待工作有成就、销售有业绩、做事有成效、婚姻有幸福、儿女都成才、凡事可顺心。但是现实不但不是这样，而是反效果，那该如何呢？祷告、祷告、再祷告！意思就是说找神、找神、再找神！有神的人怎能没有改变呢？人本来就有许多可做和当做的事，如果人不肯动，单祷告有用吗？例如你想家人信主，不断为家人祷告，一直等候神出手，但是过了很多年，始终没有看到结果，那到底是那里出问题呢？要想想自己为此做了什么呢？

再举例说我可以倒头就睡，而且一觉睡到天亮。但也经历彻夜难眠，或夜里睡不好。到底是什么原因呢？失眠是很痛苦的事。神的话应许：“惟有耶和華神所亲爱的，必叫他安然睡觉。”(诗127:2)；当

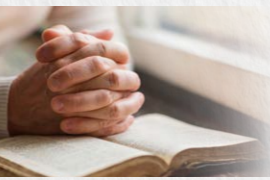
我不能睡觉时，难道我就不是神所爱的吗？

客观因素来说，失眠的原因有很多，而且无论是什么“病因”？在神都没有难成的事，神迹可以彰显在任何事情上。但是，失眠如果是因为生活习惯、或情绪问题所造成，祷告后恐怕神不是让我们可以直接睡觉，而是要我们改变生活习惯，甚至调整饮食、运动等一连串的改变。人未必愿意乖乖就范，而作出大幅度的改变，一心只想解决失眠的问题？难怪祷告了似乎也没用，因为想突破而不想改变！？

What do you do when things don't go your way? For example, you want success in things you do, happiness in marriage and have capable children. But such is not reality. So what can you do? Pray, pray and pray! Searching and searching for God! How can people who have God yet not change? Humans are too preoccupied. It is futile to pray and not be proactive. For example, if you want your family members to believe in the Lord, you keep praying for them. You wait for God to take action and yet without result after many years. So what is the problem? Think about what you have done so far for this?

Another example is that I can fall asleep on my back and sleep until dawn. But I can also experience sleepless nights, or poor sleep at night. What is the reason for this? Insomnia is unbearable. God's Word promises: "For so He gives His beloved sleep." (Psalm 127:2); when I cannot sleep, am I not loved by God?

Objectively, there are many reasons for insomnia. No matter what the "cause", nothing is impossible with God and miracles can be manifested in anything. However, if insomnia is caused by living habits or emotional problems, I am afraid that God does not allow us to sleep directly after praying, but asks us to change our living habits, and even make a series of changes such as our diet and exercise. People may not be willing to listen obediently or make drastic changes although they want to solve the problem of insomnia. No wonder it seems useless to pray, because I desire for breakthrough and yet not willing to change!



本周晨祷生命读经 MORNING DEVOTION							
日期 Date	17/07 (日Sun)	18/07 (一Mon)	19/07 (二Tue)	20/07 (三Wed)	21/07 (四Thu)	22/07 (五Fri)	23/07 (六Sat)
经文 Scripture	诗篇 Psalms	以赛亚书 Isaiah			诗篇 Psalms		
	17	18	40	41	42	43	19





**正面积积极地培育孩子 (2)**  
Positive Parenting (2)

区 蒺 唤 实 习 传 道 IP Moses Ou

不久前当我带着我的大儿子勇信去到竹脚妇幼医院跟进他的语言发育情况时，非常感恩医生让我们同时也要报名参加学习由社会和家庭发展部(MSF)旗下的正面教养项目 (Positive Parenting Programme)。本来觉得自己在育儿层面上已经算是正面积积极的我，在进入这个学习之后，才发现自己其实还是有好些的不足。

就像孩子在不听话的时候，我会让孩子去停止他不当的行为。但是当他听了就遵行我的教导时，我并没有去肯定他愿意听、愿意去回应的行为，反而往往是继续对着他训话说教。我有如此的反思，其实是得益于在这个学习项目里辅导员所说的一句话：孩子会因为你的肯定，去重复你所肯定他的行为。确实，如果我能够去肯定孩子愿意回应的行为，那比起单单说教，他肯定以后会更愿意顺服地回应我所说的话。这样一来，孩子就在我的积极培育他的方式下健康成长。

亲爱的家长们，让我们用积极正面的方式来培育我们的孩子，也更多肯定孩子的好行为！

Not long ago, when I took my elder son, Joshua to KK Women's and Children's Hospital to follow up on his language development, I was very grateful to the doctor for asking us to sign up for the positive parenting programme run by the Ministry of Social and Family Development (MSF). Originally, I thought I was a positive parent in terms of parenting, but after undergoing this course, I found out I am still lacking in some areas.

For example, when my child is disobedient, I will stop his inappropriate behaviour. But when he listened and followed my teachings, instead of affirming his willingness to listen and respond, I often continued to educate him. I can reflect on this because of a remark by the counsellor in this lesson: children will repeat the behaviour you want because of your affirmation. Indeed, if I can affirm the behaviour that my child is willing to respond to, he will surely respond more obediently to what I say in the future, rather than just educating him. In this way, my children can grow up healthily through the positive way of nurturing him.

Dear parents, let us nurture our children in a positive way and affirm their good behaviour more!

**欢迎** GK611  
welcome 一次欢迎 永远欢迎  
Once Welcome Always Welcome

奉献收入:

上周奉献收入 Last Week's Offering (Reported on 10/07/2022)	新币 SGD
主崇第1堂 Sunday Service 1	\$922.00
主崇第2堂 Sunday Service 2	\$140.00
线上主日奉献 Sunday Offering (Internet Banking)	\$160.00
儿童教会 Children's Church	\$23.70
十一奉献 Tithe	\$30,988.55
感恩奉献 Thanksgiving Offering	\$50.00
关怀基金奉献 Social Care Fund	\$530.00
爱以色列基金奉献 Love Israel Fund	\$1,581.00
国度基金/宣教奉献 Kingdom Ministry Fund	\$410.00
教会事工 Church Ministry Fund	\$250.00
好好家庭事工 Whole Whole Family Fund	\$270.00
建堂基金奉献 Building Fund	\$4,441.00
<b>总数 Total</b>	<b>\$39,766.25</b>

网络银行转账奉献类别 Internet Banking Type of Offering	代码 Code
主日奉献 Sunday Offering	SUN
十一奉献 Tithe	T
感恩奉献 Thanksgiving Offering	TG
关怀基金奉献 Social Care Fund	SC
爱以色列基金奉献 Love Israel Fund	LI
国度基金 / 宣教奉献 Kingdom Ministry Fund	KM
教会事工 Church Ministries	CM
好好家庭事工 Whole Whole Family Ministry	WWF

**GK611 奉献报告**  
Offering Announcement

弟兄姐妹要参与任何一种奉献，鼓励大家以网上转账的方式，按月进行。

Brothers and sisters can give their offerings/ tithes via online banking method. Preferably once a month.

网络银行转账奉献  
Internet Banking:

十一、一般及其他奉献账号  
Tithe, general & other offering account no.:

UOB 353-301-4907  
Bank Code: 7375 Branch Code: 066

建堂基金奉献账号  
Building Fund account no.:

UOB 353-303-1453  
Bank Code: 7375 Branch Code: 066

PayNow (我们将不会提供QR码)  
We will not provide any QR code)

一般、十一及其他奉献 UEN 号码:  
UEN No. for Tithe, general & other offering:  
T08SS0009AGK7

建堂基金奉献 UEN 号码:  
UEN No. for Building Fund:  
T08SS0009AGK3



主是我随时的帮助  
Lord is my help at all times

林慧盈 Natalie Ling

我出生在马来西亚一个淳朴的小乡村。中学毕业后，我到了吉隆坡读大学。到了城市有好多精彩的娱乐，令我深陷其中的就是逛街和看电影。我是每周至少会看一部电影，看完了华文和英文电影时，连马来电影都不放过。这样的生活持续了一年左右。

直到有一天晚上，当我自己一个人安静下来的时候，突然觉得逛街看电影的生活完全没有意义。于是我就打电话给已经信主的姐姐，她就建议我去教会，我就这样踏入了教会信了主。刚开始我只是觉得教会的氛围很好，但对我的生命似乎没什么帮助。直到我在一个课程听到神是我们的创造者，当下那段话直击我心。我当时心想既然神是我的创造者，我的一生交给祂掌管应该是绝对没有错的。于是我就开始认真地读圣经，从神的话语找到人生的意义。

信主之后，我最大的改变就是当我面对压力时，我不再选择逛街看电影，而是来到神的面前大声地敬拜祂，寻求神的帮助，并把所有的重担都委托给祂。因为我信主之后，曾经历神许多奇妙的帮助。就如今年我的工作有一些调整，我需要每个月发账单给客户，并向他们讨逾期付款。刚开始只有2-3个客户有回应，直到我把这件事祷告委托给神，事情才有改变，现在是90%的客户都会回付款，并且逾期付款的名单逐月地减少。我很感恩，这是因为神垂听了我的祷告。就像在诗篇37:5说的，当将你的事交托耶和華，并倚靠祂，祂就必成全！

感谢神让我找到创造主，在我失落无助的时候，有主的带领，成为我随时的帮助！



I was born in a small rustic village in Malaysia. After graduating from secondary school, I went to university in Kuala Lumpur. There were a lot of wonderful entertainment in the city, and activities like shopping and watching movies. I watched at least one movie a week. This life went on for about a year until one night, when I quietened down by myself, I suddenly felt that the life of shopping and watching movies was completely meaningless.

I called my sister, a Christian and she suggested that I go to church, and hence I believed in the Lord. At first I just thought the atmosphere of the church was good, but it didn't seem to help my life. Until I heard in a class that God is our creator, the words hit me right away. I thought to myself that since God is my creator, there should be absolutely nothing wrong with handing over my life to Him. So I started to read the Bible seriously and found the meaning of life from God's Word.

After believing in Christ, the biggest change for me is that when I face pressure, I no longer choose to go shopping and watch movies, but I would go to God to worship Him loudly, seek God's help, and entrust all the burdens to God. After I believed in the Lord, I experienced many wonderful help from God. Just like this year my job has some adjustments and I need to bill my clients every month and asked them to pay for their overdue payments. At first, only 2-3 customers responded. As I prayed and submit this matter to God, things changed, now 90% of customers responded to pay, and the list of overdue payments is decreasing month by month. I am so thankful that God heard my prayers. As it says in Psalm 37:5 Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.

Thank God for letting me find the Creator. When I was lost and helpless, God's guidance has become my help at all times!

建堂基金汇报:

建堂总预算 Building Fund required for the purchase	\$12,800,000.00
已收到建堂基金款项 Building Fund Received as at 13.07.2022	(\$6,663,971.50)
距离建堂预算目标 Targeted Building Fund	<b>\$6,136,028.50</b>

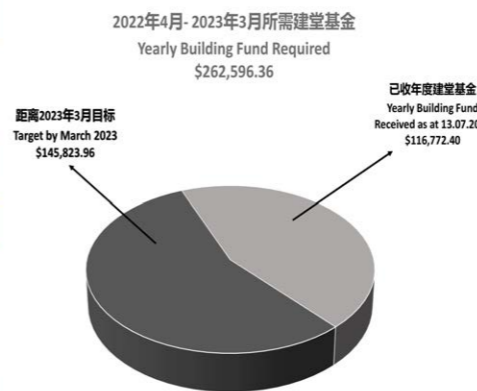
2022年4月1日 初熟节认献 FIRST FRUIT PLEDGE	
2022年4月- 2023年3月所需建堂基金 (目标) Required Building Fund (Target)	\$ 262,596.36
年度建堂认献 Yearly Building Fund Pledged	\$ 144,090.00
已收年度建堂基金 Yearly Building Fund Received as at 13.07.2022	\$ 116,772.40
距离2023年3月目标 Target by March 2023	\$ 145,823.96

所需建堂基金明细 Details of Required Building Fund	
2022年4月- 2023年3月需付银行贷款 Loan Repayment Required	\$ 219,996.36
年度产业税 Yearly Property Tax	\$ 18,600.00
建堂相关费用储备 Maintenance Reserve	\$ 24,000.00
2022年4月- 2023年3月所需建堂基金 Required Building Fund	\$ 262,596.36

支票奉献，抬头请写“God's Kingdom Bread of Life Church”

网络银行转账奉献 (Internet Banking): 一般、十一及其他奉献帐号: UOB 353-301-4907 ( Bank Code: 7375 Branch Code: 066)

建堂基金奉献帐号: UOB 353-303-1453 ( Bank Code: 7375 Branch Code: 066 )



爱与信任重返伊甸园

讲员: 陈炎明牧师

引言: 爱与信任的创造与托付!

神照着祂的形像造人，要赐福给人，

生养众多并治理这地。

神爱世人，人要信神！

经文: 创世记3章



一、重回伊甸园的‘案发现场’ (创3:1-19)

1. 蛇的诱惑与试探 (V1-5)  
蛇用半真半假的话语欺骗夏娃。
2. 人的听信与上当 (V6-7)  
当魔鬼来诱惑的时候，夏娃就对神产生质疑，就上当了。
3. 神要唤醒梦中人 (V8-11)  
人藏起来因为害怕，但是人最终还是要面对神，躲不了。
4. 自我保护而指控 (V12-13)  
亚当指控神赐给他的妻子夏娃拿果子给他吃，夏娃指控蛇引诱她，大家都在推脱责任。
5. 祸患咒诅的开始 (V14-19)  
女人要面临生产之苦，男人要终身劳苦。

二、发现神永恒无条件的爱 (创3:20-24)

1. 堕落之人尚为众生之母(V20)— 神有再造之恩!  
即使人犯罪堕落了，神的应许依旧没有改变！
2. 神竟杀羊取皮为人织衣(V21)— 为人牺牲付出!  
神依旧慈爱怜悯，为了儿女愿意牺牲，人要相信神的爱！
3. 逐出伊甸园本为人为之好(V22-23)— 免于永远咒诅!  
人很喜欢按己意做审判，这就是吃了善恶树的果子的最大问题。  
当人吃了生命树的果子，就永远不会死，免于永远陷在咒诅之中。
4. 天使把守生命树的道路(V24)— 一直到主开新路!  
当人被赶出去的时候，正是神救赎计划的开始！

总结: 回归爱与信任

1. 选择光: 要敞开，有问题要回到可以祝福可以释放你的人。  
要真实，要面对，才会得帮助！
2. 信神爱: 你信神爱你吗? 你会自卑吗? 你觉得神爱你比他爱你多? 如果是这样，你就会怀疑神!  
你要完全相信神，用他最好的心意来塑造你，帮助你。
3. 真合一: 尤其对夫妻而言，共同户口真合一。不在乎谁给多给少，合一就不分了。正如紫色里面有红有蓝，已经是分不开。

本周主日信息大纲  
This Sunday Service Sermon Outline

