

# F+BC TODAY

UNLEASHING THE GOSPEL

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FIRST BAPTIST CHURCH  
SUBANG JAYA



No. 38, Jalan SS17/1D,  
47500 Subang Jaya,  
Selangor, Malaysia.

+603 5621 2623

fb.subangfamily@gmail.com

www.fbc.com.my



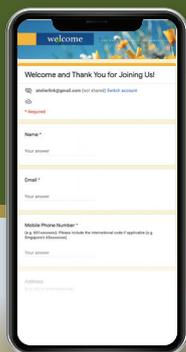
## Breaking Barriers

As dads, we always want the best for our children. I believe we also need to not be restricted by what society dictates on what is good for boys and girls.

FIVE years ago I decided to introduce my daughter Yixin to motorsports, specifically the two-wheel type. In this case, it was motocross. I can hear some dads gasp in surprise. Motocross? Isn't that a bit tough for girls to tumble

and navigate through rough, uneven, and often loose and dusty terrain on those mean machines?

Obviously, there are physiological and psychological differences between a boy and a girl. But girls and women have advanced a lot in society over the past hundred years. Yet, there are still many societal expectations on what a girl or woman should be or do, and that extends to sports.



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**Even today, there are schools in Malaysia that still do not encourage girls to play football.**

One of the most glaring imbalances in the participation of girls and women could be seen in motorsports, be it four wheels or two wheels.

Motorsports in Malaysia are popular, particularly two-wheel ones as generally, it is more accessible to the greater population. The level of psycho-motor development, situational awareness, mental preparedness, fitness, discipline, and techniques required makes it a very good sport for any person regardless of age and gender to build confidence and discipline to a high level.

Other than outright strength and aggression, motorsport is also one that provides quite a level playing field for both females and males in a competition.

Precisely because of the above, I took Yixin, then aged 11, to the Most Fun Gym (MFG) – which despite its name is not a gym but a private motocross training school founded by a former national motor racing champion in the 1970s and

early 80s. But fun it certainly is – on the private motocross track tucked away in a Selangor suburb!

Well, I didn't let Yixin know where exactly I was bringing her to then, but she described it as a Christmas surprise. She was hesitant initially, but with good coaching and encouragement from Oh KB (the MFG founder), she quickly got hooked on riding a motorcycle around a dirt track with berms, some slopes, and minor jumps. After the initial lessons, Yixin was raring to rev up for the additional sessions.

Having a good foundation in handling a fast-moving motorcycle in low traction conditions also helps her adapt and transition quickly to asphalt/road riding. The techniques are different, yet having that strong foundation in common principles gives her the ability and confidence to learn new things and progress.

As much as it is about ensuring she gets involved in a sport in a more focused manner, it is also about building up her confidence, situational awareness, grit, and determination. Thus, two-wheel motorsport is excellent for doing that, and the skills



and discipline she gains will give her the tools and mindset to deal with life's ups and downs.

**Five years of training and practicing in motorsport have allowed Yixin to be more mature in her thinking.**

She is happy that she gets to know many different people from her involvement, and the encouragement from many to continue and do better. She tends to find that the confidence she has

developed via the sport makes her more willing to try new things, like ice skating and car drifting, even if it's just for fun. Girls and women in Malaysia have plenty of opportunities when compared to many in other Asian countries. We should encourage more of them to break societal norms in a positive manner, and in doing so move our nation further ahead.

**Happy Father's Day to all fathers** and be bold to break barriers to bring the best out of your children!

**Proverbs 22:6** Start children off on the way they should go, and even when they are old they will not turn from it.



**By Wai Ko-chi**

Ko-chi is a member of FBC





## Pulpit Program

June 19, 2022

### Twin Plagues of the Church Hypocrisy and Legalism

(Matthew 23:1-36)



PREACHER

**Leong Yew Lum**

June 26, 2022

### The Christian and Government: Giving to Caesar

(Matthew 22:15-22;

Romans 13:1-7)



PREACHER

**Dr Peter Ng**

July 3, 2022

### Is FBC a safe space

#### Part 2: Lessons from Abraham protesting with God.

(Genesis 18:16-33)

PREACHER

**Arnold Lim**



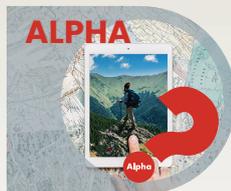
## Prayer Spotlight

### Father's Day

1. Blessings on our earthly fathers for the many times they reflected your love, strength, generosity, wisdom and mercy.
2. Provision from God for renewed courage, for boldness, for His Spirit to fill our fathers in FBC. Ask that God would help them to always stand strong, to be men of faith, to say "no" to what is wrong, and to say "yes" to what is right.
3. Blessing on those men who served as father figures in our lives. May the love and selflessness they showed us be returned to them in all their relationships, and help them to know that their influence has changed us for the better.
4. Create in all Christian fathers a deep sense of trust in You, knowing that he can count on You to help him lead and protect those dependent on him.



## Upcoming Events



### Alpha 22

The next Alpha program will start from 14 July 2022

**Every Thursday 8:00pm**

**CLICK HERE** to register for the next Alpha program.



### Daily Prayer Meeting

**Every Monday to Thursday**

**9:00pm**  
Zoom ID: 929 735 694  
Password: pray

# Worship WITH US



### MAIN SERVICE

| Physical & Youtube |

Sundays 8:45am



### YOUTH SERVICE

| ZOOM | Sundays 9:00am

### SUNDAY SCHOOL

for Ages 3-12yrs

(Preschool to std 6)

| Physical Classes | 8:45am

[ZOOM] 11:15am

Sunday School

On Zoom til further notice



Call office

to know more:

**03-5621 2623**

**More Information on Upcoming Events**