

FBC TODAY

UNLEASHING THE GOSPEL



 First Baptist Church Subang Jaya

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 First Baptist Church Subang Jaya

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Address :
38 Jalan SS17/1D, 47500 Subang Jaya, Selangor, Malaysia.

Telephone :
+03 5621 2623

Email :
fbc.subangfamily@gmail.com

Website:
www.fbc.com.my

Finishing Well

I love running. Running is my outlet. It is the thing that I would do when I needed a breather and to loosen up. It is also my alone time with God.

I started running and training at the end of 2017. I had never attempted to run any fixed distances in my life before then. Determined, I would wake up as early as 6am to train, and I started with a distance of 5km. I wanted to complete the distance in 30 minutes, and managed to achieve my target in 3 months.

Then, I moved on to 8km, and then 10km. I eventually set a new goal: to complete a 10km road race in under an hour.

In 2019, God blessed me with a great year of trail and road running. I was able to achieve my goal of running 10km in under an hour, and found myself among the top 10 and top 5 in my category in various races. I was even a podium finisher in one of the trail running series. I thank God for every race that I was able to participate in.

NEW?

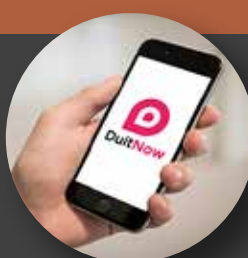
CLICK to send us your details so we can welcome and connect with you!



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How To Give?



Need To Talk To Someone?

Whatsapp or Call TalkToUs at

+6011 5788 4805





At the end of 2019, a turn of event took place as I wore the wrong shoes for a trail run that day. As a result, my foot got stuck in between some rocks that made me trip and tumble forward. This fall landed me with a tennis-sized Grade 3 ankle sprain and the pain was unbearable. I was in a semi-cast for 14 days and needed to depend on crutches to walk. My mobility was restricted and I couldn't even do chores at home. A lesson that I would remember for life.

I was told right from the beginning that my ankle would feel different and that recovery would take at least 3 to 6 months. But I was impatient. Less than 3 months after sustaining my injury, I went straight back to training the moment I was able to walk again. I was determined to finish my trail running series and it was my last race before MCO.

Today, though it has been 2 years since the injury, my ankle does not feel the same anymore. Running is an uncomfortable and unpleasant experience at times, and no amount of time will restore it to its full function. There have been times where I had to stop running and just walk. And as time passed, knowing that I will never be able to run as I did before, my passion for running started to wane.

I believe lessons that we learn in life can be applied to our spiritual lives too. It is somehow ironically related, like a mirror image. Just like running, there are seasons in our spiritual life. There are good, fruitful seasons, and seasons where we experience setback. God can use every season to humble us and teach us. But it is particularly in the seasons of pain, disappointment, and discouragement that He reveals to us more of Himself and invites us to find

rest in Him. If we are attentive, we will realize that God is always teaching us to be mindful of Him and to enjoy His presence. The bumps along the way teach us to slow down, listen, and look to Him, where we will find the grace to savour the smallest details in life in the slower seasons, when we allow God to open our eyes.

In our journey of faith, when we find ourselves down and unable to run, we should not give up so easily and let our passion for Christ dim. We should not allow inactivity (the enemy) to overtake us and remain dormant. Neither should we ignore counsel and force our way through on our own, no matter how "good" our intentions are, as we may end up hurting even more. God will always provide a way for us to keep going in our journey with Him. His grace is sufficient for us, for His power is made perfect in weakness (2 Corinthians 12:9). If we find that we are no longer able to run, we can still walk humbly and faithfully with Him.

We are all running a race. Instead of running with the aim to merely finish the race, let me encourage us all to aim to finish well. We are to fight the good fight, finish the race, and keep the faith (2 Timothy 4:7, 1 Corinthians 9:24-27).

So, "Let us run with perseverance the race marked for us, fixing our eyes on Jesus, the pioneer and perfecter of faith." (Hebrews 12:1-2)



By Ann Lim

Ann Lim is a FBC Staff



Ministry Corner

Featuring Family Life Ministry

Family Life Ministry's (FLM) vision is to encourage strong and healthy family ties with Christ at the centre, according to Ephesians 5:22 - 6:4. Our mission is to equip married couples, parents, children, and singles with knowledge through activities that will help them grow spiritually, emotionally, physically, intellectually, and socially.

This past year, FLM has been ministering to many with mental health concerns. Most cases are directly or indirectly caused by the Covid-19 pandemic. We thank God that many of those whom we are ministering to are on the road to recovery. We also thank God for providing FLM with dedicated para-counsellors who have devoted their time and resources to minister to and walk with those in need.

For the past 2 years, FLM has received many cases due the breakdown of the family unit. Consequently, we will be organizing activities in 2022 with the focus of strengthening the relationship between married couples and between parents and children.

We will also be collaborating with other ministries like Sunday School, Youth, and Karis, as we want to involve the whole body of Christ, in all seasons of life. Everyone is encouraged and welcome to join!

Leading the FLM team are Arnold Lim, Ps Ling, Alicia Chew, Patrick Khoo, and myself. We are always praying and looking out for more volunteers. If you have an empathetic heart and are willing to be a patient listener, come and join us in serving and ministering to others. Training will be provided.

Join A Life Group Today!



By John Goh

John is the leader of FBC's Family Life Ministry and Creative and Communications Ministry

| Pulpit Program

December 5, 2021
Joy! Because He Came
(John 16:16-28)



PREACHER
Pastor Massimo Gei

December 12, 2021
Walking on Water
(Matthew 14:22-35)



PREACHER
Lee Yee Dian

December 19, 2021
They Will Live Securely Under King Jesus
(Micah 5:1-4)



PREACHER
Dr Kyle Essary

December 25, 2021
Christmas Message
(John 1:1-14)



PREACHER
Arnold Lim

| Worship with Us



MAIN SERVICE
| ZOOM |
Sundays 8:45am & 11:15am



YOUTH SERVICE
| ZOOM |
Sundays 9:00am



SUNDAY SCHOOL
for Ages 0-12yrs
| ZOOM |
Sundays



Call office to know more:
03-5621 2623

PRAYER SPOTLIGHT

Family Life Ministry



1. Thank God for how He has led the FLM this past year. Pray that God will continue to guide and lead the team on how they can continually strengthen family bonds in Jesus Christ.
2. Thank God for the faithfulness of FLM leaders and para-counsellors. Pray for strength and wisdom for all para-counsellors as they handle a spectrum of cases.
3. Pray for more volunteers to join the team as many activities will be organized in the coming year. Also, pray that God will use these activities to impact and transform the lives of the participants.

| Upcoming Events



FBC Subang Jaya Christmas Service

Join us in-person or on ZOOM
25 December (Saturday) & 26 December (Sunday), 2021
8:45am
Zoom ID: 997 9121 6144
Password: fbc



TO BOOST OR NOT TO BOOST

5 December, 2021 (SUNDAY)
1:30pm to 3:30pm
[CLICK HERE](#) to watch. For more information, visit FB (@fbccommunityconnection)



Romans From Wretchedness To Righteousness

Every Wednesday
For more information, contact Church Office at 03-5621 2623



Is There More to Life Than This?

Alpha 21 will begin on 6 January 2022.
Every Thursday 8:00pm
[CLICK HERE](#) to register for the next Alpha program.



Daily Prayer Meeting

Every Saturday to Thursday 9:00pm
Zoom ID: 929 735 694
Password: pray



Laying the Foundation of Christian Walk

Every Thursday 8:00pm to 9:45pm
For more information, contact Lammy Tan (012-386 8460) or John Tay (012-212 3099)

More Information on Upcoming Events