

## I am thankful

The topic I shared last time was, "Woe to me if I don't preach the gospel!". At that time, I shared the progress of our Youth Evangelism Exploration Training Course that had just started for about 2 months. Today, all 10 students in the course have passed our 2 graduation exams. Now, they are working hard to fulfill another graduation requirement, which is to share the gospel with no less than 10 people. When all students have completed the required number of sharing, they will graduate. All is grace and I am thankful.

Since its establishment in January last year, our Cantonese-speaking Young Couples Fellowship, SOS (Song of Songs) Fellowship, has continued to grow in numbers. So far, our fellowship has more than 20 couples and more than 30 children. We have two regular meetings a month from 4:30 pm to 6:00 pm on Saturdays. On the second Saturday, we study the Bible in one large group, and on the fourth Saturday, we share and pray in small groups. Although we could only meet online in the past 17 months, we are thankful that our attendance rate has remained above 70%. For young parents having to take care of young children, this is a very good attendance rate indeed. Last Sunday, we went to the Centennial Beach Park in Delta. A total of 40 people from 14 families attended. All is grace and I am thankful.

In my sermon in AYAYA Online 2 weeks ago on August 14, I asked: "Why does God allow us to suffer?" My answer, "Oftentimes, the greatest learning and growth opportunity in life happens when we suffer. Suffering can help us understand our weaknesses, see our limitations, hear God's voice more readily, and follow God's path more willingly." Just one week after my sermon, my right foot suffered from plantar fasciitis. On the first night of my illness, my foot felt as though it was being burnt on the stove, and I couldn't sleep at all. Incredibly, my heart was at peace. I was thankful, and I even felt a satisfying feeling that I was being loved. I didn't only pray for God to increase my pain, but also to extend the time of my pain. You may be wondering, am I a masochist? Of course not. But God knows what a very forgetful person I am.

In fact, I had suffered from plantar fasciitis more than a decade ago in Hong Kong. For several weeks, I went to see a Chinese bone-setting doctor. When the doctor turned and twisted my foot, the pain I experienced was almost unbearable. The cause of my illness? Simple: I was obese, and my feet had been under tremendous pressure from my bodyweight for a long time. For an obese person like me, the onset of plantar fasciitis is only a matter of time and frequency. Therefore, this relapse is a wakeup call from my loving God, who loves me and my family very much. How can I not respond and be thankful? By God's grace in the not too remote future, I do look forward to meeting a new Pastor Francis, who will be 10 kg lighter than the current Pastor Francis. Please remember me if you will 😊

**Pastor Francis Chan**

## 只有感恩

上次我分享的題目是「如果不傳福音，我就有禍了！」。當時，我分享了剛剛開始兩個多月的青年三福訓練課程的進展。今天，全部 10 位青年三福學員已經完成並通過了兩個畢業考試。現在，他們正在努力探訪福音對象，與不少於 10 位福音對象講述福音，去完成課程的要求。當所有學員都完成探訪人數的要求，他們就可以畢業。一切都是恩典。實在感恩。

自從去年一月成立以來，我們的粵語年青夫婦團契 SOS 雅歌團不斷有新夫婦加入。今天，團契已經有超過 20 對夫婦，30 多位小朋友。我們每月有兩次聚會，在週六下午 4:30 至 6:00 舉行。第 2 週我們有查經聚會，第 4 週我們有小組相交和祈禱。雖然在過去 17 個月我們只可以在網上聚會，但非常感恩，團友的出席率都維持在 70% 以上。對於要照顧小朋友的年青夫婦而言，這已經是一個非常好的出席率。上星期日，我們去了在 Delta 的 Centennial Beach Park 旅行。有 14 個家庭一共 40 人出席。實在感恩。

在兩星期前 8 月 14 日 AYAYA Online 的講道中，我問：「為何上帝會容許我們受傷？」當然我也分享了我的看法：「很多時，人生最大的學習，最大的成長，都是在逆境之中完成的。受傷，可以讓我們更加認識自己的軟弱，更加明白自己的限制，更加容易聽到上帝的聲音，更加願意跟從上帝的腳步。」言猶在耳，上星期我的右腳就患上筋膜炎。病發的第一個晚上，我的右腳好像被火燒一樣，整晚未能入睡。當時我內心卻充滿感恩之情，甚至有一絲因為感到被愛，而產生的滿足感。我不但祈求上帝增加我的痛苦，還祈求祂延長我感到痛苦的時間。你可能會奇怪，我是一個被虐狂嗎？當然不是。但上帝知道，我是一個十分善忘的人。

其實早在十多年前，我已經患過筋膜炎。當時連續幾星期，一位中醫師為我推拿治療。治療過程中，我痛得死去活來。發病原因？很簡單，因為我太肥，所以足部長期承受極大的壓力。對一個癡肥的人來說，筋膜炎病發，只是時間的問題，頻密程度的問題而已。所以，這次再發病，是仁慈的上帝因為愛我而發給我的提醒 (wakeup call)，我怎可能不回應，不感恩呢？所以，靠著上帝的恩典，我期待在不久的將來，會遇上一位比我現在的體重輕二十磅的陳傳道。請禱告記念。

陳榮基傳道

