

Please pray:

- ✿ Toronto, Ontario: Pray for the Word to go out, and reach the seeking and hungry ones as the church in Toronto has began to distribute Bibles at the Merchants Flea Market at 1921 Eglinton Ave East; pray that the saints would rise up and consecrate themselves to join the team in this labor.
- ✿ FTTL graduating trainees: Please pray that all the graduating trainees will continue to love the Lord, pursue Him on the pathway of life, and be one with Him in His ultimate move for the building up of His Body and the preparation of His bride; pray that a good number of the graduates will be touched by the Lord to serve Him full time.
- ✿ Follow-up of FTTA-XB Gospel Trips to Germany: Please pray for the follow-up of the shepherding of the refugees and the contact with university students; pray for the continued openness of the trainees to the Lord's burden for Germany.
- ✿ Northeast College Training 2017: Pray that many college students and recent high school graduates would register and go to this training; that their schedule and finances would be released to attend.
- ✿ GTCA Ottawa and Laval: Pray that the Lord would give us a heart to shepherd the new contacts; that the new contacts would be shepherded according to their needs; that the Lord would give us remaining fruit; that the Lord would gain what He is after in Ottawa and Laval.
- ✿ Pray for various local needs, including saints in Montreal, contacts, and those in need of care and shepherding.

Weekly Readings

- ✿ Holy Bible Recovery Version with footnotes: Acts 10:34 - 14:5 (see website for daily schedule)
- ✿ HWMR: Crystallization-study of Exodus, week 47, 48

Announcements

- ✿ Here is the Video Training schedule for English and French:
 Msg 1-2: Tue Jul 4, 5:30PM & 7:30PM; bring your own dinner
 Msg 3: Wed Jul 5, 7:30PM; study time from 6-7 pm; bring your own dinner
 Msg 4: Thu Jul 6, 7:30PM; study time from 6-7 pm; bring your own dinner
 Msg 5: Fri Jul 7, 7:30PM; study time from 6-7 pm; bring your own dinner
 Msg 6-8: Sat Jul 8, 10:00AM, 1:00PM & 3:00PM; ; bring

your own lunch

Msg 9-10: LD Jul 9, 11:00AM & 1:00PM

Msg 11-12: Tue Jul 11, 5:30PM & 7:30PM; bring your own dinner

- ✿ The translation work in French is on track to translate 2500 pages this year. However, there is a continued need for translator and editor support. The French translation fund is currently low. Please pray for this need.
- ✿ The Eastern Canada Summer School of Truth will be held August 13-18 at Upper Canada Camp, Palgrave, Ontario. The cost is \$290 and the registration deadline is July 23. Please register as soon as possible with Aaron.
- ✿ Summer Training registration is still open for late registration. Video training is \$125, including the late registration fee. If you are planning on attending, even part-time, please sign up to ensure you receive an outline. Please register with Monica.
- ✿ The Collected Works of Witness Lee will be completed by Aug. 2018. They will be printing only about what they have as existing orders, therefore the collection will be unable to be ordered after completion. Any who wishes to order them, can go on standing order to receive them at a 40-45% discount. There are several payment plans available.

Lord's Day Lunch Serving and Clean-up Schedule

June 11	✿ Serving: Chinese South A
	✿ Cleaning: English West, Chinese West and Young People (John Y., Boy, Aaron Cha. responsible)
18	✿ Serving: Chinese North
	✿ Cleaning: Chinese North and Chinese Central 1 (Jun, Gerry Chan responsible)
25	✿ Serving: English A
	✿ Cleaning: Chinese East (Xie, Guorong responsible)
July 2	✿ Serving: English B
	✿ Cleaning: Chinese South (Xuecheng, Shishan responsible)

Upcoming Events

- ✿ July 3-8, 2017, Anaheim, CA: **Summer Training**
- ✿ July 4 - July 11, Meeting hall: **English/French Video training**
- ✿ Aug 13-18, Upper Canada Camp, Palgrave, ON: **The Eastern Canada Summer School of Truth**

The church website lists more events

This Week's Activities

11	✿	10am – 12:15pm: Lord's table and prophesying meeting
JUNE LORD'S DAY	✿	12:15pm – 1:30pm: Love feast
12	✿	
Monday		
13	✿	7:30-9:00pm: French / Chinese / English prayer meetings by districts
Tuesday		
14	✿	
Wednesday		
15	✿	
Thursday		
16	✿	Various home meetings (English / French / Chinese)
Friday		
17	✿	
Saturday		
18	✿	10am – 12:15pm: Lord's table and prophesying meeting
JUNE LORD'S DAY	✿	12:15pm – 1:30pm: Love feast

EARLY RISING

Scripture Reading: S.S. 7:12; Psa. 57:8-9; 63:1; 78:34; 90:14; 108:2-3; Exo. 16:21

I. EARLY MORNING BEING THE BEST TIME OF THE DAY

What time should believers rise up every day?

A sister once put it well when she said, "How much a person loves the Lord can be judged primarily by the way he chooses between his bed and the Lord. Do you love your bed or the Lord more? If you love your bed more, you sleep a little longer. If you love the Lord more, you rise up a little earlier." She spoke these words more than thirty years ago. Yet they are still fresh to us today. A man must choose between his love for his bed and his love for the Lord. The more he loves the Lord, the more he will rise up early.

A Christian should rise up early because the early morning is the best time to meet the Lord. Except for those who are sick, all the brothers and sisters should rise up early. Actually, many sicknesses are not sicknesses at all. They become sicknesses because men love themselves too much. Other than those who are advised to rest by doctors, everyone should rise early. We do not want to go to extremes; we advise sick brothers and sisters to sleep more. However, the healthy ones should get up as early as possible. The best time to meet the Lord, to contact Him, and to fellowship with Him is early in the morning. Manna is gathered before the sun rises (Exo. 16:14-21). Anyone who wants to eat God's food should rise up early. When the sun waxes hot, manna melts and is gone. If we want to receive spiritual nourishment and spiritual edification, and if we want to have spiritual fellowship and spiritual supply, we need to rise up early. If we rise up late, the manna will be gone. The early morning is the very time when God dispenses His spiritual food and holy fellowship to His children. Whoever is late will not gather anything. Many children of God lead a sick life, not because they

have spiritual problems, but because they rise up too late. Many children of God have no lack in consecration, zeal, or love, but they cannot live a normal Christian life because they rise up too late. Do not think that this is a small matter. Do not think that this has nothing to do with spirituality; it has much to do with spirituality. Many people are not spiritual because they rise up too late. Many people have been Christians for years, yet they fail to live a proper Christian life because they rise up too late. We do not know of anyone who knows how to pray, yet rises up late. Nor do we know of anyone who has intimate fellowship with God, yet rises up late. All those who know God rise up early. They rise up early as a rule to fellowship with Him.

Proverbs 26:14 says, "As the door turneth upon his hinges, so doth the slothful upon his bed." Here it says that a slothful person in bed is like a door that turns upon its hinges. The slothful keeps turning upon his bed; he cannot leave it. He turns to one side on his bed. Then he turns to the other side on his bed. Whichever way he turns, he is still on the bed. Many people cannot part with their bed. They love their bed as they turn from one side to the other. When they turn left, they are on their bed. When they turn right, they are still on their bed. They love to sleep and cannot part with their bed. Many people just want to sleep a little longer; they cannot get out of their bed. If one wants to learn to serve God and be a good Christian, he has to rise up early in the morning every day.

Those who rise up early in the morning reap much spiritual benefit. Their prayers at other times of the day cannot be compared with their prayers in the early morning. Their Bible reading at other times of the day cannot be compared with their reading in the early morning. Their fellowship with the Lord at other times cannot be compared with their fellowship in the early morning. The early morning is the best time of the day. We should spend the best time of the day—the early morning—before the Lord, rather than in other things. Some Christians spend the whole day on other matters and kneel down to read the Bible and pray only at night when they are about to go to sleep. No wonder they are ineffective in their Bible reading, their prayer, and their fellowship with the Lord. They wake up too late in the morning. The moment we believe in the Lord, we should set apart the early morning for fellowshiping with God and for contacting Him.

Note: The content is extracted from New Believers Series: #12, Early Rising by Watchman Nee, published by Living Stream Ministry, available at <http://www.ministrybooks.org/alphabetical.cfm>.