

Please pray:

- ✿ College training: As the training just ended, please pray that each trainee would pray back all that they have seen and heard during the college training; that each one would continue to practice and endeavour to advance their personal time with the Lord every morning; that they would be burdened to bear one remaining fruit in this coming year, by abiding in the vine and allowing the Father to prune them as they spend time with Him; that each student would learn to pray according to God's desire and heart, to be strengthened to pray for God's goal, and to really see, know, and gain God; that each trainee would be the salt of the earth and the light of the world through a living of godliness in all the areas of our daily life.
- ✿ Quebec: shepherding of contacts in Quebec City, Ste-Adèle, Laval, Longueuil and Gatineau; that saints in Montreal be strengthened to visit contacts in other cities; the Lord's advance in His testimony throughout this province.
- ✿ Elders and leading ones in Montreal: that the Lord would be their life, love and Head in all they do; that they be one with the Lord in their church service and in their normal human lives to be a pattern to the other saints; that they and their families be protected against the attacks of the enemy.
- ✿ Young people in Montreal: that the Lord would stir up the young people's heart to love, pursue and run after Him; that the Lord would give them a hunger for the Word and the truth; that the Lord may give each one a companion to be vitalized together.
- ✿ Bible studies and shepherding of contacts in Longueuil, Laval, and Ottawa: 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 Longueuil, Laval and Ottawa.
- ✿ 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 21:1 – 23:15 (see website for daily schedule)
- ✿ HWMR: Returning to the Orthodoxy of the Church, weeks 8 and 9

Announcements

- ✿ 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 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

July 23	✿ Serving: Chinese East
	✿ Cleaning: French (Achille, Allan responsible)
30	✿ Serving: Chinese South A
	✿ Cleaning: All groups
Aug 6	✿ Serving: Chinese North
	✿ Cleaning: English West, Chinese West and Young People (John Y., Boy, Aaron Cha. responsible)
13	✿ Serving: English A
	✿ Cleaning: Chinese North and Chinese Central 1 (Jun, Gerry Chan responsible)

Upcoming Events

- ✿ Aug 13-18, Upper Canada Camp, Palgrave, ON: **Eastern Canada Summer School of Truth**
The church website lists more events

This Week's Activities

23	✿ 10am – 12:15pm: Lord's table and prophesying meeting
JULY LORD'S DAY	✿ 12:15pm – 1:30pm: Love feast
24	✿
Monday	
25	✿ 7:30-9:00pm: English/French/Chinese prayer meetings by districts
Tuesday	
26	
Wednesday	✿
27	✿
Thursday	
28	✿ Various home meetings (English / French / Chinese)
Friday	

29 ✨

Saturday

30 ✨ 10am – 12:15pm: Lord's table and
JULY prophesying meeting

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

IV. THE PRACTICE OF EARLY RISING

Finally, we should speak a little about actual ways to implement this practice. How can we rise up early? We need to pay attention to a few things.

All early risers must have the habit of going to bed early. No one can stay up late and rise up early. This is like burning a candle at both ends.

Do not set too high a standard for rising. Some people want to rise up at three or four o'clock in the morning. When they find out that they cannot make it, they quit after a few days. It is better to take a moderate course. Five or six o'clock is a suitable time to get up. Get up when the sun is about to rise or has just risen. Always get up around sunrise. If one tries to get up too early, his practice may not last long. An unreasonably high standard will only result in a condemned conscience. Some people have set too high a standard for themselves. They get into problems with their family or their work. When they take hospitality at the homes of others, they get into problems with their hosts. This is not a profitable thing to do. Our standard should be reasonable. We do not advocate extremes. Do not set too high a standard for yourself. Before the Lord you should consider carefully the proper time for you to rise up. You should take into consideration your physical limitations as well as the environment. Set your standard accordingly and keep it.

You may face a little difficulty at the beginning. It is always easy the first and second day. But the third day is difficult. You will find it easy for the first few days. But after a few days, you will love the bed so much that you will not want to get up at all. This is especially true in winter. It takes a long time for us to build up a new habit. Perhaps you are used to getting up late, and your mind has been used to getting up late. But if you rise up early a few times, your mind will gradually adjust to getting up early. After you do this for a few days, you will not want to go back to sleep even if your mind is telling you to do so. In the beginning you will need to force yourself a little in order to rise up early. Before a habit is built up, you need to ask God for grace. Continue to ask until this habit is built up.

Try to do this again and again. Give up your bed daily to rise up early. In the end you will rise up early spontaneously. You must build up this habit before God. You must not miss the grace of fellowship early in the morning.

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>.