

Please pray:

- ☼ Laos: Pray for the church in Pakse, especially for the saints to be perfected to bear the testimony in the locality; for the families who pursue the truth in Sisattanak city to be perfected by the Lord to bear the testimony in the locality.
- ☼ Nepal: Pray for the perfecting meetings for the young people and for the church in Lalitpur that the saints would see the vision, receive the burden, and become the functioning members of His Body.
- ☼ Polish New Testament Recovery Version proofreading project (beginning 14 August): Pray that more Polish and English-speaking saints would be released to participate in this six-week proofreading project; that the Lord would cover all the practical preparations related to the location where this project will be carried out; that more saints would be available for practical services such as cooking, cleaning, and transportation.
- ☼ Brothers' and sisters' houses in Montreal: that the Lord would receive the consecration of the saints who live in these houses and strengthen them to pursue Him in corporate living; that many older saints might be burdened to individually shepherd them; that they would receive the Lord's love and might overflow to love each other in the divine love; that they might learn to take up their cross daily and live by the resurrection life; that they might grow and be perfected in their spiritual exercise and function for the building up of the church.
- ☼ Return to the orthodoxy of the church life desired by the Lord: Pray that our first love toward the Lord would be recovered by spending much personal and intimate time with Him; that we would have genuine love toward one another by shepherding, caring, encouraging, and praying for one another; that we would be saved from being proud, but learn to hold fast to what we have; that our experiences of the Lord would be increased.
- ☼ 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: 2 Kin 20:1 – 1 Chron 5:26 (see website for daily schedule)
- ☼ HWMR: The Direction of the Lord's Move Today, weeks 1 and 2

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 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)
20	☼ Serving: English B
	☼ Cleaning: Chinese East (Xie, Guorong responsible)

Upcoming Events

- ☼ Aug 12, Meeting Hall: **Church Picnic**
- ☼ Aug 13-18, Upper Canada Camp, Palgrave, ON: **Eastern Canada Summer School of Truth**

The church website lists more events

This Week's Activities

30	☼ 10am – 12:15pm: Lord's table and prophesying meeting
JULY LORD'S DAY	☼ 12:15pm – 1:30pm: Love feast
31	☼
Monday	

1	✿	7:30-9:00pm: English/French/Chinese prayer meetings by districts
AUGUST		
Tuesday		
2		
Wednesday	✿	
3	✿	
Thursday		
4	✿	Various home meetings (English / French / Chinese)
Friday		
5	✿	
Saturday		
6	✿	10am – 12:15pm: Lord's table and prophesying meeting
AUGUST		
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 (continued)

A healthy person does not need more than eight hours of sleep. Do not think that you are an exception. Do not worry that early rising will affect your health. It may be your anxiety which is affecting your health. Many people love themselves too much and worry themselves to sickness. You may need ten or twelve hours of sleep if the doctor says that you are ill. But six to eight hours of sleep are sufficient for a normal person. However, do not go to the extreme. Maintain at least six to eight hours of sleep. We do not expect those who are sick to rise up early. If you are sick, it is all right for you to lie on your bed in the morning and read your Bible there. However, those who are not advised by doctors to stay in bed and who are not really sick should rise up early in the morning.

We hope those who are mature and weighty in the Lord will uphold this practice. The church should push the sluggard ones to go forward. They should be shaken up a little. We should usher the new believers into this great blessing. You should take every chance to ask the new ones, "What time do you get up every day?" After a few days, you have to ask them again, "What time did you get up this morning?" This kind of reminding should go on for at least a year into a person's initial Christian life. After a year, you may still need to ask, "Brother, what time do you rise up now?" Ask the new believers whenever you see them. You need to go to them and render them some help in this matter. However, if we have not learned the lesson well before the Lord, it will be hard for us to do this to others. This is why we must first learn this lesson well ourselves.

Early rising should be a believer's first habit among all habits. Giving thanks before meals is a habit. Meeting together on the Lord's Day is also a habit. Rising up early is even more an essential habit. A new believer needs to build up this habit. It is unfortunate that some have been Christians for years and yet have never enjoyed the blessing of early rising. They have never enjoyed the grace of early rising. If we want to experience this grace, we have to learn this lesson well. If more brothers and sisters will come together to learn this lesson, and if everyone will rise up early in the morning, the church will grow. When one brother receives more light, the whole church will receive more shining. When everyone receives a little more light each day, the church as a whole will become richer. The church is poor today because too few people are receiving their supply from the Head. If everyone receives something from the Head, however little it may seem to be, the culmination of all the little portions will make the whole very rich.

We do not wish to see only a minority of people working in the church. We hope to see all the members rising up before the Lord. We hope to see the whole church rising up to receive God's riches and grace. What one member receives from the Head becomes the profit of the whole Body. If every brother and sister takes this way, there will be many containers before God, and we will be richer and richer as the days go by. We hope that you will not consider early rising as a small matter. If we all learn to rise up early, and if we all maintain this habit, we will have a bright spiritual future ahead of us.

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>.