

## Please pray:

- ✳ **People of prayer:** Let us be the people of prayer for the Lord's interest and His Kingdom. May we be burdened to attend the prayer meetings to pray as the church and may the Lord strengthen our prayer life each day.
- ✳ **Omicron variant:** Pray that the omicron variant subsides rapidly and deconfinement can proceed steadily while keeping the saints safe for more interactions and fellowship.
- ✳ **Oakville, Ontario:** Oakville is Ontario's largest town, where three families have moved and a number of saints currently reside. After the fellowship of some brothers, let us pray that the Lord can open the way for His recovery to spread to Oakville.
- ✳ **Situation between Russia and Ukraine:** Pray for the situation between Russia and Ukraine. May peace prevail in this region. There are around 55 churches in Ukraine and nearly 1000 saints. May the Lord take care of His churches there and safeguard the saints. Even in such a difficult situation may the gospel and the ministry of the age reach out to the general population. Encourage the saints to distribute the Recovery Version Bible and shepherd the seeking people that the church life is still buoyant.
- ✳ **Lord's move in Asia: 1) India -** Pray for the upcoming spring term of the FTTND (New Delhi), that the Lord can release at least 15 new trainees to join and be trained for His move in this country. **2) Laos -** Pray for the proofreading and printing of the translated materials for the Gospels of Matthew, Mark and Luke in Lao. Pray that this can be completed by the end of 2022.
- ✳ 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 Cor 1:1 – 3:11
- ✳ HWMR: The Intrinsic and Organic Building Up of the Church as the Body of Christ, week 3

## Announcements

- ✳ All children's meetings will be online until the government regulations allow us to return to the meeting hall. The new online children's meetings schedule is as follows:
  - Group 1: Lord's Day 1:30pm - 1:45pm
  - Group 2: Lord's Day 1:45pm - 2:15pm
  - Group 3: Lord's Day 11:00am - 11:45am
- ✳ Please consider before the Lord carefully and provide us with the prayer burdens before Saturday of every week. Please send the prayer burdens to Allan Y. His email address is [allan.yeow81@gmail.com](mailto:allan.yeow81@gmail.com). Note that due to limited space on the newsletter, we may not be able to put all the prayer

burdens that are sent to us. May the Lord teach us how to pray for the advancement of His Economy.

## Upcoming Events

- ✳ February 18-20, 2022, online: **International Chinese-speaking Blending Conference**

*The church website lists more events*

## This Week's Activities

<b>30 January</b>	✳ 10am-12pm: Lord's Table & Prophesying meetings
<b>LORD'S DAY</b>	✳ 11:00am - 11:45am: Children's meeting, group 3
	✳ 1:30pm - 1:45pm: Children's meeting, group 1
	✳ 1:45pm - 2:15pm: Children's meeting, group 2
<b>31 Monday</b>	✳
<b>1 Tuesday</b>	✳ 7:30-9:00pm: English/French/Chinese prayer meetings by districts via conference calls
<b>2 Wednesday</b>	✳
<b>3 Thursday</b>	✳
<b>4 Friday</b>	✳ 6:30-9:00pm: Various Home Meetings (English/French/Chinese) via Zoom
<b>5 Saturday</b>	✳
<b>6 February</b>	✳ 10am-12pm: Lord's Table & Prophesying meetings
<b>LORD'S DAY</b>	✳ 11:00am - 11:45am: Children's meeting, group 3
	✳ 1:30pm - 1:45pm: Children's meeting, group 1
	✳ 1:45pm - 2:15pm: Children's meeting, group 2

## EARLY RISING

Scripture Reading: S.S. 7:12; Psalms 57:8-9; 63:1; 78:34; 90:14; 108:2-3; Exodus 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.

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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>.