

## 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.
- ✳ **Political situation in Canada and Quebec according to 1Ti 2:1-4:** I exhort therefore, first of all, that petitions, prayers, intercessions, thanksgivings be made on behalf of all men; on behalf of kings and all who are in high position, that we may lead a quiet and tranquil life in all godliness and gravity. This is good and acceptable in the sight of our Saviour God, who desires all men to be saved and to come to the full knowledge of the truth.
- ✳ **College Conference (Feb 25-26):** Pray for the Lord's will to be done in this college conference; may the Lord open up doors that no one could shut for the accomplishment of His purpose in this time; may the college students be released to attend this conference; pray that the Lord will strengthen all the serving ones for the preparations; pray that the serving ones and the speaking brothers may be one with the Lord to impart His burden to the students; may the Lord speak to the students a personal and up to date speaking; may the Lord use this time to gain what He is after in the college students.
- ✳ **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.
- ✳ **Omicron variant:** Pray that the omicron variant subsides rapidly and deconfinement can proceed steadily while keeping the saints safe for more interactions and fellowship.
- ✳ 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: Psa 16:1 – 30:12
- ✳ HWMR: The Intrinsic and Organic Building Up of the Church as the Body of Christ, week 4

## 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**
- ✳ February 25-26: **College Conference**  
*The church website lists more events*

## This Week's Activities

<b>6 February LORD'S DAY</b>	✳ 10am-12pm: Lord's Table & Prophesying meetings
	✳ 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>7 Monday</b>	✳
<b>8 Tuesday</b>	✳ 7:30-9:00pm: English/French/Chinese prayer meetings by districts via conference calls
<b>9 Wednesday</b>	✳
<b>10 Thursday</b>	✳
<b>11 Friday</b>	✳ 6:30-9:00pm: Various Home Meetings (English/French/Chinese) via Zoom
<b>12 Saturday</b>	✳
<b>13 February LORD'S DAY</b>	✳ 10am-12pm: Lord's Table & Prophesying meetings
	✳ 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; 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.

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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>.