

管家時報

祂將我的顧慮除掉 HE REMOVED MY WORRIES

Good Steward Requires Workouts???

好管家要鍛煉身體



Keeping our bodies (God's temple) healthy is stewardship, especially after all the yummy Thanksgiving, Christmas, Lunar New Year feasts!

Here are some easy ways to add extra movements to offset some calories:

- Help setting up and putting away chairs for worship & fellowship
- parking your car further away
- Stand while you read the Bible
- Join church's ping pong / badminton night

Small movements make a difference in stewarding your health!

保養我們的身體(神的殿)是好管家的責任，尤其是享用了許多美味的感恩節、聖誕節、農曆新年大餐之後！

一些增加額外運動量的簡單方法：

- 幫忙搬放及收起崇拜用的椅子
- 將車停得遠一點
- 站著閱讀聖經
- 參加教會的乒乓球/羽毛球之夜

小小活動能帶來改變，珍惜管理你的健康！

小管家小貼士 Little Steward Life Hacks



How do you take care of your body during all the holiday eating gatherings?

在假日聚餐期間，你如何照顧自己的身體？

**Your response may win a prize!
你的回應可能會贏得獎品！**

Sharing 分享 Sharon Chan

感謝天父，讓我有機會參加七月份教會舉辦的埃及短宣。其實我已有二十幾年沒有去短宣，每當差傳月提到M+1，自己真的很想再參與短宣事奉，但又給自己很多理由去推遲。就像今年二月份，我已花了一筆費用回港探親，心裡想：「不如等明年吧。」加上回港已用了三個星期的假期，也擔心上司是否願意再批假等等。

但當我藉着禱告、依靠和順服主的心意，祂將我的顧慮除掉。首先，上司在夏天請假方面沒有為難我；其次，短宣經費也沒有缺乏；在訂購機票時遇上的問題也都解決了。父神也教導我做忠心的管家，學習節省和節制開支的功課。我本來是一個非常喜歡喝咖啡的人，每一天都出外買咖啡，而現今平均一杯咖啡大概 4 至 7 元。對於上班族來說，一杯咖啡的價錢不算什麼，但對於埃及難民，這些金錢能供應他們的溫飽。當我靠着祈禱，神給我力量在預備短宣前節省這筆開支，也讓我在埃及短宣時有更多機會奉獻。

我們十幾位弟兄姊妹在埃及的服事對象是一群經歷痛苦的難民。言語不通，傳福音並不是一件容易的事，但神保守，藉着當地弟兄姊妹愛心與堅持的服侍，福音的種子已被灑在人心，正等待收割。我們今次多了探訪的機會，是因為他們都願意主動打開心扉，想更了解耶穌基督。哈利路亞！更有一位決志信主。

正如主對保羅說：「我的恩典夠你用，因為我的能力是在人的軟弱上顯得完全。」（歌林多後書 12:9）

I thank our Heavenly Father for the opportunity to join LCC's Egypt Short-Term Mission trip this past July. It had been over twenty years since my last mission trip. Whenever "M+1" is mentioned during Mission Month, my heart longs to serve in a STM, yet I always found reasons to postpone. This year was no exception. After spending significant funds and three weeks of vacation visiting family in Hong Kong in February, I thought, "Maybe next year." I worried whether my supervisor would approve more time off.

But through prayer, relying on the Lord, and submitting to His will, He removed my worries. First, my supervisor didn't give me a hard time about taking more days off in the summer. Second, funds were sufficient. Even complications with flight bookings were resolved. God also taught me valuable lessons in stewardship—saving up and exercising self-control. I used to be an avid coffee drinker, buying a cup daily—a habit costing \$4 to \$7. For a working professional, this doesn't seem much; but for a refugee in Egypt, that amount provides a warm meal. Through prayer, God gave me strength to cut this expense while preparing for the trip, allowing me to give more generously during the mission trip in Egypt.

Our STM team served refugees who have endured much suffering. Language barriers made evangelism challenging, yet God was at work. Through the persistent love and service of the local brothers and sisters, Gospel seeds have been sown and are awaiting harvest. We were blessed with many opportunities to visit, as hearts were open and eager to learn more about Jesus Christ. Hallelujah! One person even came to faith and accepted the Lord.

Truly, as the Lord said to Paul: "My grace is sufficient for you, for My power is made perfect in weakness." (2 Corinthians 12:9)