



GLOW

ROOTED IN CHRIST,
RADIATING HIS
LOVE



22 June - 9 August 2026

The Pastor's Message

Dear FMC Family, peace be with you.

In these coming months, as we journey together through <Daily Manna Together>, Foochow Methodist Church will reflect on Colossians, Ephesians, Philemon, and the Sermon on the Mount in Matthew 5-7. These passages remind us that the church is not merely a place we gather, but A People renewed in Christ, called by Him, and sent out for His purposes.

The vision of FMC is “One Family in Christ” . Our mission is: Growing in Christ, Glowing in Love for Others, and Going Out to Make Disciples for Christ. In this season, we especially focus on “Glowing in Love for Others.” True love is not merely emotion, but the overflow of Christ’s life within us. The more we know Christ and understand our identity in Him, the more we are able to love those around us.

Ephesians reminds us that we are saved by grace and united as one family in Christ. Colossians calls us to place Christ above all things and clothe ourselves with compassion, kindness, humility, gentleness, and patience. Philemon shows how the gospel transforms relationships, while the Sermon on the Mount challenges us to live as the salt and light of the world.

Though our church has a long history, may our love not remain only in memories of the past. Instead, may it continue to grow and bear fruit today. Like a tree planted by living waters that still bears fruit in old age, a church rooted in Christ’s love will continue to reflect His beauty and grace.

May daily devotion, prayer, and obedience allow Christ’s love to fill us first. Only when we are deeply loved by Christ can we truly love others. May FMC continue to grow in Christ and glow in love for others, becoming a spiritual family that brings glory to Him.

Growing together with you,
FMC Pastoral Team

Epistle to Philemon

The book of Philemon is the shortest letter written by Paul the Apostle, yet it carries a powerful message about reconciliation, forgiveness, and Christian fellowship. Written during Paul's imprisonment around AD 60-62, the letter is addressed to Philemon, a wealthy believer and house church leader in Colossae.

The letter concerns Onesimus, Philemon's runaway slave who had likely wronged him before fleeing. While with Paul, Onesimus became a Christian and a trusted helper in ministry. Paul sends him back to Philemon with an appeal—not only for forgiveness, but for restoration. He urges Philemon to receive Onesimus no longer merely as a slave, but as a beloved brother in Christ.

Philemon beautifully demonstrates how the gospel transforms relationships, breaks social barriers, and calls believers to practice grace, reconciliation, and Christian love.

Outline:

- i. Greeting and Thanksgiving (vv. 1-7)
Paul commends Philemon's faith and love.
- ii. Paul's Appeal for Onesimus (vv. 8-16)
Onesimus is now a beloved brother in Christ.
- iii. Call for Reconciliation (vv. 17-25)
Paul urges Philemon to welcome Onesimus as he would welcome Paul himself.

Sermon on the Mount

The Sermon on the Mount (Matthew 5-7) is Jesus Christ's foundational teaching on life in the Kingdom of God. Delivered early in His ministry, it presents the clearest and most complete summary of His message concerning righteousness, discipleship, and God's kingdom. Through teachings such as the Beatitudes, the Lord's Prayer, and the Golden Rule, Jesus redefines the "good life" according to God's values rather than worldly standards.

The sermon calls believers to authentic righteousness that flows from the heart, not merely outward religious obedience. Jesus teaches His followers to love enemies, pursue purity, reject hypocrisy, trust God instead of wealth or worry, and live as "salt" and "light" in the world. He also explains that He came not to abolish the Law, but to fulfil it.

The Sermon on the Mount ultimately invites listeners to respond by building their lives upon Jesus' teachings and living faithfully in God's kingdom.

Outline:

- i. The Blessed Life (Matt. 5:1-16)
Beatitudes and the call to be salt and light.
- ii. True Righteousness (Matt. 5:17-7:12)
Jesus fulfils the Law and teaches authentic kingdom living.
- iii. The Call to Respond (Matt. 7:13-29)
Choose the narrow way and build on the rock.

How To Practice Daily Devotions

God is a personal Spirit, and “Heavenly Father” is more than just a title—it reflects the deep reality that He is our loving and caring Father. Through the spiritual discipline of daily devotions, we come to know, communicate, and walk closely with Him.

Daily devotions involve setting aside specific times to draw near to God, to know Him, and to align with His will. Through reading the Bible, we come to understand His intentions, and we can respond to God in prayer and reflection. By dedicating time each day to read the Bible, pray, and meditate on God’s word, we allow God’s presence into our lives to guide us. Jesus often withdrew from the crowd and His disciples to commune with the Father in solitude, gaining strength and direction to fulfil His mission.

I. The Purpose of Daily Devotions

- a. To draw closer to God and communicate with Him. In these end times, God calls us to be awake and alert, using His Word to sustain us.
“I rise before dawn and cry for help; I have put my hope in your word. My eyes stay open through the watches of the night, that I may meditate on your promises.” (Psalm 119:147-148, NIV)
- b. To receive guidance and light for our lives. “Your word is a lamp to my feet and a light for my path.” (Psalm 119:105, NIV)
- c. To renew our minds to live out our new life in Christ.
By studying the scriptures, God’s servants are thoroughly equipped for every good work and taught to live righteously.
“All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”
(2 Timothy 3:16-17, NIV)

2. Preparation for Daily Devotions

- **Time:** Select a time when you can be undisturbed and alone, whether in the morning or in the evening for reflection.
- **Place:** Find a quiet, distraction-free space where you can focus.
- **Materials:** Have your Bible, a notebook for recording reflections, and a pen ready.
- **Mindset:** Approach God with a calm and open heart, prepared to hear from Him and encounter Him.

3. Spiritual Discipline

Daily devotions as a spiritual discipline is not meant to be rigid or legalistic, just as our relationships with family members are not meant to feel burdensome. Time spent with our Heavenly Father should feel genuine and heartfelt. For those starting out, simple and practical methods can help cultivate meaningful spiritual habits and deepen our relationship with our Heavenly Father.

Daily Scripture Readings

Date	Verses	Date	Verses
22/6	Philemon 1:1-3	17/7	Matthew 5:31-37
23/6	Philemon 1:4-7	18/7	Weekly Reflection
24/6	Philemon 1:8-11	19/7	<i>Sermon-Matthew 25:14-30</i>
25/6	Philemon 1:12-20	20/7	Matthew 5:38-42
26/6	Philemon 1:21-25	21/7	Matthew 5:43-48
27/6	Weekly Reflection	22/7	Matthew 6:1-6,16-18
28/6	<i>Sermon-Philemon 1:1-25</i>	23/7	Matthew 6:7-15
29/6	Matthew 5:3-12	24/7	Matthew 6:19-24
30/6	Matthew 5:3, Luke 6:20	25/7	Weekly Reflection
1/7	Matthew 5:4, Luke 6:21, Isaiah 61:1-3	26/7	<i>Sermon-Matthew 5:38-48</i>
2/7	Matthew 5:5, 11:29	27/7	Matthew 6:25-34
3/7	Matthew 5:6, Luke 6:21, 1 John 2:15-17	28/7	Matthew 7:1-6
4/7	Weekly Reflection	29/7	Matthew 7:7-11
5/7	<i>Sermon-Matthew 5:3-12</i>	30/7	Matthew 7:12
6/7	Matthew 5:7, Luke 1:78; 6:36	31/7	Matthew 7:13-14
7/7	Matthew 5:8, Jeremiah 17:9-10, Psalm 51:10-12	1/8	Weekly Reflection
8/7	Matthew 5:9, Mark 9:50, Romans 5:1, James 3:18	2/8	<i>Sermon-Matthew 6:25-34; 7:13-14</i>
9/7	Matthew 5:10-12, 1 Peter 2:20-21, 2 Timothy 3:12	3/8	Matthew 7:15-20
10/7	Matthew 5:13, Luke 14:34-35	4/8	Matthew 7:21-23
11/7	Weekly Reflection	5/8	Matthew 7:24-25
12/7	<i>Sermon-Matthew 5:13-16</i>	6/8	Matthew 7:26-27
13/7	Matthew 5:14-16	7/8	Matthew 7:28-29
14/7	Matthew 5:17-20	9/8	Weekly Reflection
15/7	Matthew 5:21-26	9/8	<i>Sermon-CAC Sunday</i>
16/7	Matthew 5:27-30		

22/6
(Mon)

Philemon 1:1-3

In the New Testament, this is Paul's only private letter, yet it carries extraordinary significance. On the surface, this is a letter where Paul pleads with the master, Philemon, on behalf of the runaway slave Onesimus; in reality, it is a demonstration by the Holy Spirit to believers of how to fellowship within the Body of Christ. In the greetings of vv. 1-3, the Apostle lists the recipients as "Philemon," "Apphia," "Archippus," and "the church in your house." Because salvation is never just a personal relationship between an individual and God, but is rather viewed as a member placed within the entire Body of Christ, the decisions made by one member will affect the house church.

Reflection: The church is our spiritual home; if one member suffers, all parts suffer. How can this concept help me handle problems within the church?

Reflection



Application &
Prayer



23/6
(Tue)

Philemon 1:4-7

Paul thanks the Lord for Philemon's "faith toward the Lord Jesus" and "love toward all the saints" (v.5). This is because neither of these comes from man; rather, they are given by the Lord Jesus and are core characteristics of the Christian life.

Because of Philemon's love, the hearts of the saints "have been refreshed" (v.7). This is a beautiful testimony of people loving one another.

Reflection: When we fellowship with others, do we bring them pressure or relief? Do we share anxiety or peace?

Reflection



Application &
Prayer



24/6
(Wed)

Philemon 1:8-11

Paul possessed apostolic authority, yet he did not use commands, but instead pleaded "on the basis of love." He deeply knew Philemon's character, so he hoped that Philemon would display that same "love toward all the saints" (v.5) to Onesimus as well.

This is because Paul was concerned not only with whether Onesimus would be accepted, but with whether the Body of Christ could be unified and whether believers could truly live out the life of Christ.

Reflection: Within the church community, when we face misunderstandings or conflicts, how can we use love as our starting point to exhort and communicate, rather than relying on authority or emotion to demand things from others?

Reflection



Application &
Prayer



25/6
(Thu)

Philemon 1:12-20

The name "Onesimus" (v.10) means "useful" (or "profitable"), yet he was a runaway slave who had abandoned his master and was essentially "useless" to Philemon.

Now, however, he has lived out a new life in Christ, becoming someone who is "useful" to God, to Paul, and to Philemon. Therefore, Paul hopes that Philemon will receive him back, no longer as a slave, but as a beloved brother.

Reflection: What happened to Onesimus that enabled him to start living a life that truly lived up to his name, "useful"? What reminder does this hold for me? Has accepting the Christian faith made us "useful" to: (a) those who led us to Christ; and (b) our employees, or those of a vastly different social status?

Reflection



Application &
Prayer



26/6

(Fri)

Philemon 1:21-25

The conclusion of Philemon, apart from Paul's greetings and blessings, does not give explicit instructions to Philemon.

This is because Paul trusts that the Holy Spirit will continue to work in his life, being "confident of his obedience" and knowing that he will do "even more than what is asked" (v.21).

In the final greetings, the Apostle mentions five names, demonstrating once again that this is not merely a private letter, but a word from the Holy Spirit spoken to all the churches.

Reflection: Like Paul, do I have faith in my brothers and sisters, trusting that the Holy Spirit is working in them to do "even more than what is asked," or at the very least, that they will submit to the Holy Spirit's guidance? Do I cherish relationships with my spiritual co-workers, frequently praying for them, sending them greetings, and offering encouragement?

Reflection



Application &
Prayer



27/6
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



28/6
(Sun)

Sunday Service: Philemon 1:1-25

Sermon Topic: *Love That Forgives and Frees*

“Be still, listen, and respond to God.”

Notes



Application &
Prayer



29/6
(Mon)

Matthew 5:3-12

If the Beatitudes describe the identity of the citizens of the kingdom of heaven, then the Sermon on the Mount is the manifesto for their way of life, demonstrating to the world how the values of God's kingdom are practically lived out in daily life.

The focus of the Lord Jesus' teaching here is not "how to become happier," but rather "who is truly blessed." This is because being blessed is not a fleeting feeling; it is a state of being in a right relationship with God and having one's life ruled by Him. It is the practical expression of living out the image and likeness of God.

Reflection: In my life, what areas do I need to realign so that my thoughts and mindsets return to God's standard? When facing conflict or pressure, what kind of choices can I make to live out the values of the kingdom of heaven?

Reflection



Application &
Prayer



30/6
(Tue)

Matthew 5:3, Luke 6:20

Being "poor in spirit" is not self-abasement, but instead recognising one's own spiritual poverty and absolute need for God.

When a person realises that they truly have nothing before the Lord, they turn toward God. Through complete dependence and obedience, they will experience the abundance of the kingdom of heaven, because the kingdom itself is the greatest "blessing".

Reflection: Do I acknowledge my absolute dependence on God in my life, rather than relying on my own cleverness and ability? How can I demonstrate a lifestyle of humility and letting the Lord take control in my daily choices?

Reflection



Application &
Prayer



Matthew 5:4, Luke 6:21, Isaiah 61:1-3

Being "mournful" is not about being in a low mood; rather, it is grieving over sin and the brokenness of the world.

When a person sees that their very being is entirely corrupted before the Lord, and grieves for the fallen state of this world, they are "blessed." This kind of "mourning" brings about repentance and healing.

Reflection: Do I feel broken-hearted over sin and injustice, or have I become numb to them? How can I experience God's comfort and hope in the midst of my mourning?

Reflection



Application &
Prayer



2/7
(Thu)

Matthew 5:5, 11:29

Being "meek" is not weakness, but rather the refusal to insist on one's own way, the refusal to fight with others over the things of this earth, and the willingness to accept and rely on the portion that God has measured out for them.

Such people will inherit the earth because their sense of security comes from God's presence. They find contentment in what God has given and live out a life of joy.

Reflection: When I am misunderstood or wronged, do I still choose to respond with meekness? How can I trust in God's justice during conflicts, rather than rushing to defend myself?

Reflection



Application &
Prayer



3/7

(Fri)

Matthew 5:6, Luke 6:21, 1 John 2:15-17

Hungering and thirsting for righteousness is an intense longing for God's justice, holiness, and truth.

Whether our lives can grow depends on whether we are "hungry and thirsty". Those who do not feel "hungry and thirsty" in their spirits cannot be "filled."

Reflection: Do I long for God's righteousness more than I pursue success? How can I cultivate a hunger and thirst for God's Word and righteousness in my daily life?

Reflection



Application &
Prayer



4/7
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



5/7
(Sun)

Sunday Service: Matthew 5:3-12

Sermon Topic: *The Blessed Life of the Upside-Down Kingdom*
"Be still, listen, and respond to God."

Notes



Application &
Prayer



6/7
(Mon)

Matthew 5:7, Luke 1:78; 6:36

Being "merciful" means seeing others through God's eyes and replacing condemnation with grace.

Mercy is not about condoning sin, but rather extending compassion out of love because we ourselves have received mercy. Mercy is an expression of God's character. If the citizens of the kingdom of heaven constantly remember how much they owe God and how great the mercy they received from Him is, they will not fret over their own personal gains and losses.

Reflection: Do I find it easy to judge others while forgetting that I, too, need the Lord's mercy? How can I live out forgiveness and kindness within my relationships?

Reflection



Application &
Prayer



7/7
(Tue)

Matthew 5:8, Jeremiah 17:9-10, Psalm 51:10-12

Being "pure in heart" means having a single-minded simplicity that is devoted entirely to God, untainted by hypocrisy and selfish desires.

Only such people can communicate face-to-face with the Lord; if we are enticed by the many things we see with our eyes, it will not be easy to perceive God's presence in our daily lives.

Reflection: Is my heart distracted by worldly desires or the opinions of others? How can I keep my soul pure so that I can see God's handiwork more clearly?

Reflection



Application &
Prayer



8/7
(Wed)

Matthew 5:9, Mark 9:50, Romans 5:1, James 3:18

Being a "peacemaker" is the attitude that citizens of the kingdom of heaven hold toward others. It is not about avoiding conflict, but about actively bringing about reconciliation.

If the citizens of the kingdom of heaven live out the heavenly likeness of the Son of God, they will be able to "make peace," allowing others to encounter the Lord through them and recognise them as disciples of the Lord Jesus. Peacemakers participate in God's work of redemption, allowing broken relationships to be restored.

Reflection: Do I actively seek reconciliation in my relationships, or do I run away from conflict? How can I become a person who brings peace and healing?

Reflection



Application &
Prayer



9/7
(Thu)

Matthew 5:10-12, 1 Peter 2:20-21, 2 Timothy 3:12

Being "persecuted for righteousness' sake" is the attitude that citizens of the kingdom of heaven hold when facing opposition from others. Though they suffer for being loyal to the truth, they still rejoice.

"Righteousness" means God's will – Doing only what God considers right, refusing to be defiled by the world, refusing to drift with the tide, and refusing to compromise. Living this way draws so much attention that it naturally invites persecution. Since the citizens of the kingdom of heaven find no place to belong in the kingdoms of this earth, God gives them the kingdom of heaven as their reward. Therefore, they are called "blessed."

Reflection: When I am misunderstood because of my faith or because I stand firm in the truth, what is my reaction? How can I still have joy in the midst of persecution and trust in God's promises?

Reflection



Application &
Prayer



10/7
(Fri)

Matthew 5:13, Luke 14:34-35

"Salt" is the outward expression of this character.

Most of the salt in ancient Israel and the Middle East was "rock salt" or "well salt." Once the saltiness completely disappeared, the original block of salt became nothing more than a common stone, to be thrown away.

"If salt loses its flavour," it symbolises that if believers lose their spiritual purity and testimony, they can no longer exert a transformative influence. This is not a matter of losing salvation, but rather of losing one's mission and purpose.

Reflection: Do I still retain my spiritual "flavour"? Am I revealing the life of Christ within the world? In my family, workplace, and society, do people come to know God better because of my life?

Reflection



Application &
Prayer



11/7
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



12/7
(Sun)

Sunday Service: Matthew 5:13-16

Sermon Topic: *The Character and Witness of Kingdom People*
"Be still, listen, and respond to God."

Notes



Application &
Prayer



13/7
(Mon)

Matthew 5:14-16

The Beatitudes describe the inner character of the citizens of the kingdom of heaven, whereas "light" is the outward testimony of this character.

Putting a "lamp... on a stand" means placing it where it properly belongs so that it can illuminate the surrounding area. The Lord Jesus calls His disciples to be "the light of the world," not to show off themselves, but to let others see the glory of God through their lives.

Reflection: Do I help others know the Lord Jesus better in my life through my words, attitudes, and choices? How can I live out good deeds in my daily life that truly cause people to "give glory to the Lord"?

Reflection



Application &
Prayer



14/7
(Tue)

Matthew 5:17-20

"The Law and the Prophets" is the expression Jewish people used to refer to the Old Testament. The requirements of the Old Testament law find their fulfilment in the Lord Jesus, and the prophecies of the prophets are also fulfilled in Him. Therefore, by coming into this world, the Lord Jesus brought the Law and the Prophets to their perfect completion.

"Love is the fulfilment of the law." (Romans 13:10)

Through His life, His teaching, and His redemptive work on the cross, the Lord Jesus revealed the true meaning of the law – to love God and to love others.

Reflection: The Pharisees focused heavily on outward rules of conduct while ignoring the motivations of the heart. Today, do I treat my faith merely as a set of external rules while neglecting inner obedience? How can I truly live out the true meaning of loving God and loving others?

Reflection



Application &
Prayer



15/7
(Wed)

Matthew 5:21-26

This passage of Scripture is the deeper explanation given by the Lord Jesus during the Sermon on the Mount regarding the commandment "You shall not murder." He points out that the righteousness of the citizens of the kingdom of heaven does not stop at outward behaviour but extends to the renewal of the heart and relationships.

Sin is not just an external action, but it begins in the heart. A person who lives long-term in a state of conflict, bitterness, and unwillingness to reconcile will find that their worship is not actually accepted.

Reflection: Do I only focus on avoiding outward behaviours that offend God while ignoring the sins of my heart? If so, what are those sins? Am I willing to be the one who takes the initiative to seek reconciliation before the Lord?

Reflection



Application &
Prayer



16/7
(Thu)

Matthew 5:27-30

The Lord Jesus explains the commandment "You shall not commit adultery." He shifts our focus from outward behaviour to a person's "eyes" and "inner desires," pointing out that sin often begins to take shape in a person's heart long before any action is ever taken.

Sin must be dealt with seriously. If it is not confronted in a timely manner, it will impact one's entire life.

Reflection: Do I only care about the version of myself that others can see, while ignoring my own heart? Am I willing to open up my inner self today, asking the Lord to search me and help me live out a healthy body, mind, and spirit?

Reflection



Application &
Prayer



17/7
(Fri)

Matthew 5:31-37

This passage includes two themes: Concerning divorce (verses 31-32) and Concerning vows (verses 33-37)

Although the themes differ, they point to the same focus: the righteousness of the citizens of the kingdom of heaven is not just about being outwardly compliant with regulations, but about possessing true loyalty within the heart and living a life of holiness and integrity.

Reflection: In my daily life, am I satisfied merely with whether the "formalities" are correct while neglecting the reality of my life? How can I live out a life that is authentic both inside and out through the Word of God?

Reflection



Application &
Prayer



18/7
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



19/7
(Sun)

Sunday Service: Matthew 25:14-30

Sermon Topic: *Called to Faithfulness*

"Be still, listen, and respond to God."

Notes



Application &
Prayer



20/7
(Mon)

Matthew 5:38-42

Jesus teaches His disciples not to repay wrong for wrong, but to respond with grace, patience, and generosity. Whether through turning the other cheek, going the extra mile, or giving freely to those in need, Jesus calls His followers to surrender personal rights for the sake of love and peace. Instead of retaliation, disciples are to reflect the gracious heart of God in everyday relationships.

Reflection: Do I respond to hurt with retaliation or with Christlike grace? How can I show patience, generosity, or love to someone difficult today?

Reflection



Application &
Prayer



21/7
(Tue)

Matthew 5:43-48

This passage is foundational to Jesus' teaching, delivering the radical command to love your enemies and pray for those who persecute you. Jesus teaches His disciples to love not only their neighbours, but also their enemies and those who persecute them. Such love reflects the heart of God, who shows kindness to both the righteous and the unrighteous. By loving beyond what is natural or expected, believers demonstrate spiritual maturity and reflect the character of their heavenly Father.

Reflection: Is there someone I find difficult to love or pray for today? How can I reflect God's grace and kindness even toward those who hurt me?

Reflection



Application &
Prayer



22/7
(Wed)

Matthew 6:1-6, 16-18

Jesus warns His disciples not to practise their righteousness for public attention. Whether in giving, praying, or fasting, the focus should not be on impressing others but on seeking God sincerely. True devotion flows from a heart that desires God's approval rather than human praise. Our Father, who sees what is done in secret, delights in genuine and humble worship.

Reflection: Am I more concerned about how others see my spirituality than how God sees my heart? How can I cultivate a more sincere and private devotion to God today?

Reflection



Application &
Prayer



23/7
(Thu)

Matthew 6:7-15

Jesus teaches His disciples to pray with sincerity rather than empty repetition. Through the Lord's Prayer, He reminds believers to seek God's glory, trust Him for daily needs, and depend on His forgiveness and guidance. Jesus also stresses that those who have received God's mercy must likewise extend forgiveness to others.

Reflection: Is my prayer life marked by sincere dependence on God or mere routine? Is there someone I need to forgive as I remember God's forgiveness toward me?

Reflection



Application &
Prayer



24/7
(Fri)

Matthew 6:19-24

Jesus teaches that we cannot serve both God and wealth. Earthly treasures are temporary and fragile, but heavenly treasures are lasting and eternal. Our focus reveals our true spiritual condition: what we fix our eyes on shapes our inner life. Ultimately, Jesus calls us to undivided loyalty: our hearts cannot be ruled by both God and material gain.

Reflection: What am I truly treasuring most in my life right now? Is there anything competing with God for my trust, security, or devotion?

Reflection



Application &
Prayer



25/7
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



26/7
(Sun)

Sunday Service: Matthew 5:38-48

Sermon Topic: *Living Differently in a Self-Centered World*
"Be still, listen, and respond to God."

Notes



Application &
Prayer



27/7
(Mon)

Matthew 6:25-34

Jesus teaches His disciples not to be consumed by anxiety over life's basic needs. He points to God's care for the birds and the flowers as assurance that the Father will surely provide for His children. Worry is ultimately unproductive, unable to add even a moment to our lives. Instead, Jesus calls us to reorder our priorities by seeking first God's kingdom and righteousness, trusting that He will take care of what we need each day.

Reflection: What worries are currently weighing on my heart that I need to surrender to God? Am I truly seeking His kingdom first in my daily decisions and priorities?

Reflection



Application &
Prayer



28/7
(Tue)

Matthew 7:1-6

Jesus warns against a judgmental and hypocritical spirit. Instead of focusing on the faults of others, we are first called to examine our own lives with honesty and humility. Only when we deal with our own “plank” can we gently and rightly help others with their “speck.” At the same time, Jesus calls for spiritual discernment. Not everything sacred should be shared in places where it will be rejected or despised.

Reflection: Am I quick to judge others while overlooking my own weaknesses? Do I have the humility and wisdom to correct myself before correcting others?

Reflection



Application &
Prayer



29/7
(Wed)

Matthew 7:7-11

Jesus encourages His disciples to persist in prayer with confidence: asking, seeking, and knocking. Prayer is not about empty ritual, but active dependence on a Father who is both willing and wise in His giving. Using the example of earthly parents, Jesus reminds us that if imperfect humans give good gifts to their children, how much more will our heavenly Father give what is truly good to those who ask Him.

Reflection: Do I pray with persistence and trust, or do I give up too easily? Do I truly believe that God is a good Father who knows how to give what is best for me?

Reflection



Application &
Prayer



30/7
(Thu)

Matthew 7:12

In this famous verse known as the "Golden Rule", Jesus gives a simple yet profound summary of God's law: treat others as you would want them to treat you. This "Golden Rule" goes beyond avoiding harm. It calls for active goodness, kindness, and intentional care toward others. In doing so, Jesus shows that true obedience to God is reflected in loving and honouring people in practical, everyday ways.

Reflection: Am I treating others with the same grace and kindness that I desire for myself? How can I actively do good for someone today, not just avoid doing harm?

Reflection



Application &
Prayer



31/7
(Fri)

Matthew 7:13-14

Jesus presents two paths in life: a broad, easy road that many follow, and a narrow, difficult road that leads to life. The broad way requires little resistance to the world's values, but it ultimately leads to destruction. The narrow way calls for humility, obedience, and self-denial, yet it leads to true and lasting life in God's kingdom.

Reflection: Which "road" is shaping my daily choices and values? Am I intentionally choosing the narrow way of obedience to Christ, even when it is difficult?

Reflection



Application &
Prayer



1/8
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



2/8
(Sun)

Sunday Service: Matthew 6:25-34; 7:13-14

Sermon Topic: *Trusting the Father and Walking the Narrow Way*
"Be still, listen, and respond to God."

Notes



Application &
Prayer



3/8
(Mon)

Matthew 7:15-20

Jesus warns His disciples to be alert to false prophets who may appear harmless but are inwardly dangerous. He teaches that words alone are not enough to judge spiritual truth. Instead, a person's life must be tested by their "fruit." Just as a tree is known by what it produces, true character is revealed through actions, integrity, and the outcome of one's life.

Reflection: What kind of "fruit" is my life producing right now? Do my actions consistently reflect a heart that is truly shaped by Christ?

Reflection



Application &
Prayer



4/8
(Tue)

Matthew 7:21-23

Jesus warns that not everyone who calls Him “Lord” truly belongs to Him. Outward religious activity, such as speaking in His name or doing impressive works, is not enough. What matters is a real relationship with Christ and a life marked by obedience to the Father’s will. The sobering truth is that it is possible to appear religious yet remain unknown to Jesus.

Reflection: Is my faith only external activity, or do I truly know and obey Jesus? Does my life reflect genuine submission to the Father’s will?

Reflection



Application &
Prayer



5/8
(Wed)

Matthew 7:24-25

Jesus closes His Sermon on the Mount with a call to not only hear His words but to put them into practice. The life built on obedience to Christ is like a house built on rock, able to withstand the storms of life. Trials will come, but a life grounded in Jesus' teachings will remain firm and unshaken.

Reflection: Am I simply hearing God's Word, or actively living it out? What is one area of my life today that needs to be more firmly built on obedience to Jesus?

Reflection



Application &
Prayer



6/8
(Thu)

Matthew 7:26-27

Jesus warns that hearing His words without obeying them is like building a house on sand. When life's storms come (including trials, temptations, and crises), that life will collapse because it has no solid foundation. The foolish builder represents those who know the truth but fail to live it out, relying instead on unstable foundations.

Reflection: Am I simply listening to God's Word, or am I actually obeying it? What "foundation" am I currently building my life on that may not be secure in Christ?

Reflection



Application &
Prayer



7/8
(Fri)

Matthew 7:28-29

When Jesus finished teaching, the crowds were amazed because He spoke with authority, unlike the scribes who relied on tradition and other teachers. Jesus did not merely interpret truth, but He declared it, revealing Himself as the source of divine truth. His words carried weight, clarity, and power, leaving people in awe and confronted with His identity.

Reflection: Do I respond to Jesus' words with mere admiration, or with submission? Am I treating His teaching as authoritative over my life, or just as helpful advice?

Reflection



Application &
Prayer



8/8
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



9/8
(Sun)

Sunday Service: CAC Sunday

Sermon Topic: CAC Sunday

“Be still, listen, and respond to God.”

Notes



Application &
Prayer



GLOW

ROOTED IN CHRIST,
RADIATING HIS LOVE

DAILY MANNA TOGETHER

From May to August, our church enters Glow Season, a journey of growing in Christ's love so that His light may shine through us. As we walk through the books of Colossians, Ephesians, Philemon, and the Sermon on the Mount, we will discover how the gospel transforms our identity, shapes our community, and sends us into the world with love. Rooted in Christ, we learn to live out humility, unity, forgiveness, and holiness in everyday life. As our hearts are formed by God's Word, our lives begin to glow with the character of Christ— becoming a witness to a watching world and inviting others to encounter the grace and truth of Jesus.

Date	Topic	Scripture	Preacher
07/06	Speaking Love to a Watching World	Colossians 4:2-6	Rev Dr Niam Kai Huey
14/06	One in Mission	Ephesians 5:8-21; 6:10-20	Rev Lau Chong Yaw (Malacca) Ps Lee Boon Hwa (FMC)
21/06	As Christ Loved the Church	Ephesians 5:22-33	Ps Alvin Ong
28/06	Love That Forgives and Frees	Philemon 1:1-25	Pr Tham Yong Zheng
05/07	The Blessed Life of the Upside-Down Kingdom	Matthew 5:3-12	Rev Dr Niam Kai Huey
12/07	The Character and Witness of Kingdom People	Matthew 5:13-16	Mr Chin Kheng Boon
19/07	TBC	TBC	Ps Alvin Ong
26/07	Living Differently in a Self-Centered World	Matthew 5:38-48	Pr Tham Yong Zheng
02/08	Trusting the Father and Walking the Narrow Way	Matthew 6:25-34; 7:13-14	Rev Dr Niam Kai Huey
09/08	CAC Sunday	TBC	TBC