

GLOW

ROOTED IN CHRIST,
RADIATING HIS LOVE



10 - 30 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 the 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
10/8	Genesis 18:1–8, Hebrews 13:1–2	24/8	John 1:1–18
11/8	Leviticus 19:33–34, Luke 14:12–14	25/8	John 8:12–20
12/8	2 Kings 4:8–10, Acts 16:14–15	26/8	John 12:35–36, 44–50
13/8	Isaiah 58:6–7, Romans 12:13; 1 Peter 4:9	27/8	Acts 13:44–49
14/8	Proverbs 19:17, Matthew 25:35–40	28/8	Acts 26:12–23
15/8	<i>Weekly Reflection</i>	29/8	<i>Weekly Reflection</i>
16/8	<i>Sermon- Luke 5:27–32</i>	30/8	<i>Sermon-Be The Light</i>
17/8	Isaiah 2:1–5	31/8	Matthew 5:14–16
18/8	Isaiah 9:1–7		
19/8	Isaiah 42:1–9		
20/8	Isaiah 49:1–6		
21/8	Isaiah 60:1–5		
22/8	<i>Weekly Reflection</i>		
23/8	<i>Sermon-Be The Light</i>		

10/8
(Mon)

Genesis 18:1–8, Hebrews 13:1–2

Abraham's warm hospitality has become an example for Christians to imitate throughout the generations.

Abraham's faith was manifested not only in his belief in God's promises, but also in the godliness of his daily life. He received his visitors before he even fully knew their identities. This is precisely the demonstration of faith in daily living.

Reflection:

Today, the Lord Jesus also invites you to respond to Him with reverence and humility in your daily life. Can I name some people I can show hospitality to, and then go put it into practice?

Reflection



Application &
Prayer



11/8

(Tue)

Leviticus 19:33–34, Luke 14:12–14

Showing mercy to others or loving your neighbour as yourself is a theme consistently emphasised throughout both the Old and New Testaments. God calls His people to love their own, and even more so, to welcome communities that are different from themselves. The Lord Jesus also reminds us that true love is not meant to be seen or to gain reward, but rather to glorify the Lord. "And you will be blessed, because they cannot repay you; for you shall be repaid at the resurrection of the just." (Luke 14:14)

Reflection:

In our daily lives, do we only prefer reciprocal giving? Yet, today's scripture challenges us to love and welcome those who cannot repay us. Reflect on this: has God placed such a person in my life? Who is it? Am I willing to do as the Lord says? Why or why not?

Reflection



Application &
Prayer



12/8
(Wed)

2 Kings 4:8–10, Acts 16:14–15

Both the Shunammite woman and Lydia were sisters with godly hearts. They not only recognised God's servants, but also expressed their faith through generous actions. Their hospitality arose not merely from friendliness, but from a reverence for and trust in God, allowing God's work to bring blessings to many more people through their homes.

Reflection:

In what ways can these two sisters, the Shunammite woman and Lydia, serve as examples for us?

There are many ways to participate in the gospel; in what way am I participating?

Reflection



Application &
Prayer



13/8

(Thu)

Isaiah 58:6–7, Romans 12:13; 1 Peter 4:9

Here, God rebukes the people for focusing only on outward religious rituals (such as fasting) while neglecting inward justice and mercy. Godliness without action is hypocritical. The "fasting" that truly pleases God is not merely abstaining from food, but showing mercy to those in need out of love.

Reflection:

Does fasting itself hold value in the eyes of God? What does He desire from His people?

Why is this kind of action also referred to as "fasting"?

Reflection



Application &
Prayer



Proverbs 19:17, Matthew 25:35–40

God has always been watching over this world, and whether the weak, the poor, and the marginalized groups are provided for is close to His heart. The Lord Jesus also focuses on whether His followers possess a heart of mercy. When we provide for and care for anyone in need, the Lord Jesus says, "Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me." (Matthew 25:40)

Reflection:

Providing for and caring for those in need does not necessarily require doing great things. A meal, a word of comfort, or a single visit can all bear witness for the Lord. What is the prompting that God has placed in your heart today? Are you willing to obey?

Reflection



Application &
Prayer



15/8
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



16/8
(Sun)

Sunday Service: TBC

Sermon Topic: TBC

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

Notes



Application &
Prayer



17/8

(Mon)

Isaiah 2:1–5

Isaiah received a vision and declared before the people that God would restore the glory of Judah and Jerusalem. In the latter days, He will make wars cease, let righteousness and justice reappear among the people, and attract all nations to turn to Him. This is the vision of God's glorious kingdom, and the prophet calls on God's people to walk in His light right now. (v. 5)

Reflection:

In a world filled with war, injustice, and chaos, how can I live out a life of “walking in the light” so that people can see the righteousness, justice, and love of God’s kingdom through me?

Reflection



Application &
Prayer



18/8

(Tue)

Isaiah 9:1–7

Here, Isaiah prophesied that God would bring salvation to the region of Galilee. That land, which was once trampled by the Gentiles, would be the first to see the light of salvation. This prophecy was fulfilled in Jesus Christ (Matthew 4:13–16). "He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever." (Isaiah 9:7)

Reflection:

What kind of world am I living in today? When the light of Christ shines into our lives, what changes will take place?

Reflection



Application &
Prayer



19/8
(Wed)

Isaiah 42:1–9

This is the first Servant Song in the Book of Isaiah. It depicts the image of a servant whom God upholds, chooses, and delights in. Matthew 12:17–21 quotes this passage, explicitly identifying it as a prophecy about Jesus. The prophet concretely portrays God's revelation regarding the identity, character, and mission of that perfect servant chosen by God, allowing the people to see God's work and the salvation He has prepared for the world in a dark world.

Reflection:

Today, this world similarly needs God's light. Am I willing to join the work of proclaiming and passing on this light, so that it may be known by more people?

Reflection



Application &
Prayer



20/8

(Thu)

Isaiah 49:1–6

This is the second Servant Song in the Book of Isaiah.

God's chosen calling came upon the servant before he was even born, and God equipped him throughout time and space, making him a polished sword. Although the servant was rejected by the world, he was great and honoured in the eyes of God, and was sent to be a light to the nations, bringing salvation to the ends of the earth.

Reflection: Although this passage is a prophecy pointing to the Lord Jesus, Paul applied a portion of it to himself and Barnabas (see Acts 13:47).

Reflection



Application &
Prayer



21/8
(Fri)

Isaiah 60:1–5

This is an encouraging vision of Zion, looking forward to the time when God will accomplish all the plans He has purposed for her. Although "darkness covers the earth," the glory of God will shine upon His people, making them a light to the world. This is not only a promise for the restoration of Israel, but it also foretells the glory of the Messianic kingdom and the unfolding of universal salvation.

Reflection:

God calls His people to "Arise, shine!" Now is the time to respond; am I ready? In what areas of my life do I need to be illuminated by God? How will I shine for the Lord?

Reflection



Application &
Prayer



22/8
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



23/8
(Sun)

Sunday Service: TBC

Sermon Topic: Be The Light

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

Notes



Application &
Prayer



John 1:1-18

The "Word" (Greek: *Logos*) carries both the meaning of "God's word of creation and revelation" in Jewish thought, and the concept of "cosmic reason" in Greek philosophy. John combines the two, pointing out that the "Word" is not an abstract reason, but the personalised God Himself. He was with God, and He was God Himself, which clearly reveals the truth of the Trinity.

At that time, there was a heresy claiming that Jesus Christ was originally an ordinary man and not God, and that He only became God at a certain point in time. However, John points out that the Lord Jesus did not exist from "the beginning" (of creation) but from "the beginning of all things" (eternity past). He already existed in the past, before time ever began. He is the origin of all things, and He is also the true light that gives light to everyone.

Reflection:

Please list all the places in this passage where "light" and its related concepts (e.g., "glory") are mentioned. How can this help us understand Jesus' purpose in coming to the world?

How does the truth of the Incarnation help me live among people and bear witness for the Lord?

Reflection



Application &
Prayer



25/8
(Mon)

John 8:12–20

"I am the light of the world" is the second of the seven "I AM" statements the Lord Jesus used in the Gospel of John to reveal Himself. In the original language, this phrase carries a solemn and emphatic tone, indicating that He is the One who declared, "I AM WHO I AM" (Exodus 3:14). This also echoes the prophecy of the prophet Isaiah; He is not only the light of the Jews, but the light for all humanity (Isaiah 49:6).

Reflection:

The Lord Jesus is the light of the world. In today's world, where is light needed? How can I bear witness to this light to those living in darkness?

The Lord Jesus is the light of our lives. Do my thoughts, words, and actions live in the light? Where is this demonstrated?

Reflection



Application &
Prayer



26/8
(Tue)

John 12:35–36, 44–50

This passage takes place after the Lord Jesus entered Jerusalem and before the Last Supper. The Lord Jesus knew that His "hour" had come (John 12:23). Therefore, He used the metaphor of "light" to call upon the crowd to believe in Him while they still had the light, lest they fall into darkness. The Lord Jesus declared to the world once again the purpose of His coming, not to judge, but to save (John 3:17; 8:15; 12:47). Only by trusting in Him can one become a child of light.

Reflection:

What does it mean to walk while you have the light and to believe in the light? How should I respond to this calling?

The contrast between darkness and light is so stark; why does the world still reject this light? What must we do to help the world believe in this light?

Reflection



Application &
Prayer



27/8
(Wed)

Acts 13:44–49

The Jews of Antioch were filled with jealousy when the message of forgiveness of sins through Christ preached by Paul attracted those who feared God (v. 45); they had originally hoped that those people would eventually fully convert to Judaism. Paul quoted the words of Isaiah to declare that he was continuing the mission started by the Lord Jesus to preach the gospel to the Gentiles, bringing God's light to the ends of the earth.

Reflection:

How did Paul and Barnabas respond when they faced opposition from the Jews? When I encounter obstacles while preaching the gospel, what do I do?

Preaching the gospel to all nations is God's will. In what ways is our church continuing this mission? In what areas does it need to be strengthened?

Reflection



Application &
Prayer



Acts 26:12–23

The transformation of Saul the Pharisee into the Apostle Paul is one of the most critical events in the history of the early Church, which is why the Book of Acts narrates it three times (9:3–22; 22:3–16; 26:9–18). This is because the life testimony of the Apostle Paul serves as the most powerful evidence of the resurrection of the Lord Jesus.

Paul emphasized that what he preached was not a novel religion, but the fulfilment of Old Testament prophecies. The death and resurrection of the Lord Jesus constitute God's plan of redemption, and Paul's called mission was to proclaim this gospel of resurrection to the world.

Reflection:

Meeting the resurrected Lord and having his life transformed was the gospel that the Apostle Paul proclaimed to others. Am I able to follow Paul's example today by proclaiming the grace I have experienced to those around me?

Take special note of the places where the Apostle Paul bore witness. What lessons do you learn from Paul's example?

Reflection



Application &
Prayer



29/8
(Sat)

Weekly Spiritual Reflection

Reflection



Application &
Prayer



30/8
(Sun)

Sunday Service: TBC

Sermon Topic: *Be The Light*

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

Notes



Application &
Prayer





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FOOCHOW METHODIST CHURCH

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
02/08	From Worry to the Way: Trusting the Father's Path	Matthew 6:25–34; 7:13–14	Rev Dr Niam Kai Huey
09/08	Scriptural Holiness and Revivals	1 Peter 1:15–16, Isaiah 11:9	CAC Pastor
16/08	The Gospel at the Table	Luke 5:27–32	Pr Tham Yong Zheng
23/08	Be the Light	TBC	Guest Speaker
30/08	Be the Light	TBC	Guest Speaker