

# COMPANIONS *in Christ*

A Small-Group Experience in Spiritual Formation



PARTICIPANT'S BOOK

In the following pages, participants and facilitators aka companions of the 2025 cohort share their testimonies of their experiences of CiC, their learnings and their takeaways. As you read these testimonies, prayerfully listen for God's invitation to you to experience this journey of discovery and intimacy with Him for yourself.

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## PARTICIPANTS' TESTIMONIES

Chang Yang (Group 1)

Coming from a Christian family, I am fully aware of God's presence in my life. Attending Sunday School or church services, memorising the Bible verses, singing worship songs, going to a Christian school seemed to be natural things to help me develop a Father-Child relationship with God. In my "good" or "bad" days, I know that God is always there – a companion in my life journey.

I joined CIC to deepen my spiritual walk with God, to know His plans for my life. In preparation for the 1st CIC session, I learnt that the spiritual life is marked in a special way by companionship – first, with the One we seek to follow and second with those who also seek to follow Jesus Christ. During the 28 weeks, I was constantly reminded of the vertical and horizontal structure of the cross. Attending courses, reading the bible, daily devotion helps me to know the Lord and deepen my relationship with the Lord which is crucial to my spiritual maturity (the first mark of companionship). Generally, I am open to share God's presence and His blessings in my life but I hesitate to share my struggles, my frustration, my anger towards God and feel inadequate to pray aloud. Attending the various sessions of CIC reminds me of the horizontal structure of the cross – Spiritual journey/formation is more than my personal relationship with God but it is about companionship with fellow believers in God's community (the second mark of companionship).

The facilitators (Ee Hong, Linda and Sean) provided a safe and conducive environment where the companions felt comfortable to openly share their life journeys, God's protection and provision, struggles and feelings of vulnerability. Because the facilitators and fellow companions were ever ready to share their personal journeys during the session, I felt comfortable when I shared my imperfections and vulnerability. I was encouraged by the companions' sharing about the mighty works God was doing in their lives. With fellow companions, we learnt to actively listen to God through the scriptures, discover our spiritual gifts from God, the Spirit of Christ. CIC has taught me the various ways of praying for the Lord to open my eyes to see, my ears to hear and my heart to be humble to receive His love and grace for the community of believers. It helps to reflect my prayer life and face the obstacle I put forth.

Although my spiritual journey is personal and we are all uniquely made, God's purpose for the community of believers is universal. I am still a Work-In-Progress in my pursuit to attain spiritual maturity, but I am not alone for with the guidance of Holy Spirit and the encouragement and communion of the fellow companions, I believe I am worthy to wear the cross, to be called a child of God.



Faith Ong Tsing Yuen (Group 1)

Joining CIC was an intentional effort to want to understand and seek God in a deeper, closer and more realistic way, 24/7 and more important to me is the first-hand experience of God. I experience God and His goodness - how He is like amidst my suffering and pain, how He feels like to me when I am with Him and He with me.

I learned that I am to intentionally stop and be still to be with God and intentionally set time aside with all my heart to seek Him. I practise it often until the presence of God becomes real in my life. I am now more sensitive and more aware of God's presence in my life. He is not looking from high above but is constantly close and sometimes carrying me in His arms through my valleys. He is not unreachable.

I now seek and work on how I am able to align myself to His Will and His Purpose in my life. Moment by moment what does He want me to learn, unlearn and relearn so I may become more Christ-like e.g. change from inside out.

Slowly, bit by bit, He did a heart change inside of me to not be afraid, not be oppressed and to exercise His authority for His children, His people, His kingdom; to love His people.

28 weeks He healed me through His words in the bible. He enlarged my heart and put in my heart His heart and love; His compassion for me. He gave me a new life and His Truth.

John 15:5

"I am the Vine; you are the branches. He who abides in Me, and I in Him, bears much fruit; for without Me you can do nothing."



Lee Woon Onn (Group 1)

When I enrolled for Companions in Christ, I imagine it to be another course that allows me to know more about God – more head knowledge. However, the course has opened my mind and heart to experience God in a special and unique way. The readings, the exercises and sharing with fellow Companions helped me to have a closer relationship with God. This spiritual formation experience in small groups is not about head knowledge but about heart knowledge. It really helps me to understand myself as well as have principles to discern God's will for my life.



Francis Lee (Group 1)

When I retired in Jul 2024, I saw the opportunity to commit my time for something bigger and more meaningful. I wanted to participate in church missions to do my humble part in helping the less fortunate.

In the mission field, we got many things done, from planning the activities, organizing and coordination, and executing the plans. There was a sense of accomplishment knowing that the outcome of what we set out to do was a success. However, it dawned on me that missions shouldn't be just "getting things done". I had desired for a deeper spiritual connection to God. The works fed my desire to work for God, but I felt the need to connect with God at a deeper level. I don't want to be just "Martha", I want to be "Mary", too. I want to connect with God not just in acts (Missional Living), but in word (Bible Study Fellowship) and spirit (Companions-In-Christ). That was how I learnt about CIC to connect with God at a deeper level.

My journey in CIC was a very fulfilling one. The series of topics and prayerful reflection allowed me to immerse myself in the presence of God. It helped me to understand His nature and reminded me of His unceasing love for us despite being unworthy. This motivated me to want to be a better Christian, not just one who believes in God, but one who obeys God. The many techniques taught in CIC about prayer and reflection, as well as spirituality, were beneficial for me in my own walk with God.

I enjoyed CIC very much; the facilitators were reassuring and supportive during my journey and that helped me in digesting the content at my own pace. I will be planning to participate again sometime later. I thank God for the opportunity.





Genevieve Lee (Group 1)

If I were to identify three ways in which CIC transformed me, they would be as follows:

CIC taught me the heart of repentance and what it means to be free from condemnation. A particularly significant moment occurred during a study of a passage of scripture. I was wrestling with many dark thoughts and trapped in a cycle of self-condemnation. When the facilitators asked us to meditate on the passage, I found myself weighed down by guilt and shame. However, in that same session, we engaged in an activity that required us to physically name the struggles we carried, which became a breakthrough for me. What struck me most was the realisation that Jesus does not fix His gaze on my sin, but rather on me and my need for a Saviour. This renewed my courage to repent, approach Abba's throne with boldness, and commit to leaving sin behind rather than entertaining such thoughts again.

Another formative moment came through an activity on spiritual giftings, which reshaped my understanding of what a God-given gift truly is. Through it, I received affirmations in areas I had never considered my strengths. For instance, I had always believed I was weak in biblical knowledge, yet others affirmed me in this area. I came to realize that the affirmation was not because I was deeply versed in Scripture, but because others could see how much I delighted in it. I learned that a gift from God is not something to be measured, but something to be enjoyed with joy and gratitude. His gifts in my life became evident not necessarily in the areas where I excelled most, but in the places where I found godly delight and joy.

Finally, CIC taught me the practice of backward reflection—learning to recognize God's presence in the past and to give thanks for it. This practice deepened the way I abide in God, seeing Him not only as the God of my future but also as the God of my past. Practicing thanksgiving reminds my soul of His faithfulness and His many footprints in my life. Altogether, CIC proved to be a blessing I had not anticipated, and I remain deeply grateful for the joy it brought me.



Iris Chua (Group 1)

I went into CIC with an open mind and with no specific expectation except a deep stirring in my heart to know my God and to deepen my personal relationship with Him.

Through CIC, God gently reveals who He is to me, and He gives me new beginnings in my relationship with Him which in turn, leads to new beginnings in my relationships with others and even with myself.

As we began each weekly session, I loved the quietening of our heart and mind to focus on His presence, and the invitation of His Holy Spirit to participate in our meeting. This weekly discipline teaches me the reverent posture that I need to have as I approach God. It is a far cry from the usual rush and disrespectful manner in which I come before His throne of mercy in my daily quiet time. To be able to intentionally center my focus to expectantly invite, wait and experience His presence is a major breakthrough for me as I seek to deepen my relationship with God.

I am also humbled by our weekly sharing of insights and the authentic sharing of our lives and faith journey with our companions in Christ. It opens my mind to appreciate what it is like to truly belong to a community of faith where everyone shows care and concern for one another. We come as we are and are accepted as we are. Most importantly, we practice listening to each other's story without judging so as to provide a safe space for the person in need. This valuable skill goes a long way in improving my relationship with others.

During the weekly Deep Exploration segment, we explored various spiritual disciplines to aid us in our spiritual formation and progress towards spiritual maturity. One of the practices involved reflecting on scriptures was both challenging and transformational for me. As I practice more, I experience its power. It is transformational because I have finally found a way to "internalize and personalize the Scripture" and to allow the written word to become a "living word" to me.

In the last module of our CIC, we learn about the Spirit of Christ. We explored various means of Spiritual guidance in discerning God's will for us. One of these practices trains me to fix my gaze on God on a daily basis to discern His presence, direction and movement in my life.

I am indeed grateful to PLMC, all facilitators (Ee Hong, Linda & Sean), and all companions in Christ for giving me this extraordinary experience that has enriched my relationship with God, with others and with myself too as I discover who God is, who I am and what is my role in a community of faith.

At the end of our 28 weeks of studies, I walk away feeling more confident of myself as a beloved child of God. I now enjoy intimate conversations with God the Father through my prayers anytime. I am confident that He hears, and He cares. At the same time, I feel a growing dependence on Him each day. The growing intimacy with God leads me to trust in the love and provisions of my Heavenly Father, the grace of Jesus my Lord and Savior and the blessed companionship of the Holy Spirit.

Indeed, God is worthy of our worship and praise. God is good. Amen.



Tok Soo Chee (Group 1)

I retired in Aug last year and was actively looking for direction to serve the Lord and people. It was a big adjustment for me from busy working life to retirement. As I was praying about it, Companions In Christ (CIC) caught my attention. I was curious to know how we can be a better Companion in Christ for each other and how different it is from the Cell Group.

Through the seven months of studying and sharing of experiences with the companions, I am truly humbled to see the Grace of God working in the life of each individual companion in His own perfect way. Through the genuine sharing by each companion, I realized that God is able to quicken our spirit through challenges in life. I am also inspired by many wonderful testimonies shared by the companions and how they grow from strength to strength as they continue to trust in God in the midst of challenges.

I realized that I am not alone in Christ when at times I feel weak and discouraged, overwhelmed with trials. It is absolutely fine for a believer to feel weak and losing oneself. We surrender ourselves to God and let Him take control when we feel we are at the end of the rope.

Through different modules in CIC, I began to enjoy spending time with God in stillness through meditation on His Word and various methods of prayers. I can share my feeling with God at any time and in all circumstances whether I am in fear, rejoicing or sadness. I realized that God is my best Companion and He is so patient and kind to me and I can approach Him at anytime and He will always welcome me with His open arms.

Through the affirmation of the companions of my spiritual gifts of compassion and servanthood, I am more certain of my calling to serve the seniors and those in need. Thanks be to God! He answered my prayers and directed my path through CIC. I am able to serve in the relevant ministry to build His people and to honor Him. Indeed, I find myself growing and experiencing joy as I serve His people.

Through CIC, I am now more aware of the presence of the Lord in my life. I believe God wants us to be united as a body to serve God and one another. I enjoy the companionship of the spiritual community to build and support each other in the journey of faith with genuine love which we can never attain alone.

I truly hope that CIC can be incorporated into the cell to strengthen the spiritual formation of each individual believer to grow more intimate with God and let all members become better companions to one another to attain unity in Christ to bring love to the wider community as light and salt of the world.





Herbert Ng (Group 2)

When I first began CIC, I did not know what to expect. I thought it might just be another course. But as the weeks went by, I found myself drawing strength and comfort from drawing nearer to God and learning to live with less anxiety. I came to see more clearly that nothing in life is accidental – not even trials and tribulations. God allows them for a purpose: to strengthen me, enlighten me, and draw me deeper into His love.

One of the most significant changes I experienced was becoming more sensitive to God's presence. I realised more deeply that He sees every step I take and knows my needs even before I voice them.

I began to notice changes in myself. I became more mindful of my words, actions, and attitudes, choosing to place them under God's guidance. This awareness made me more conscious of His presence, His goodness, and His heart for me. CIC also deepened my understanding of what it means to love others. Loving God cannot be separated from loving people, and I want to practice this truth daily in my relationships.

Another great blessing was my CIC group. Journeying with others, including the facilitators who were also seeking God, gave me encouragement, support, and fellowship. I was reminded that the body of Christ is meant to grow together, and that I am never walking alone.

My key takeaways from CIC are:

- God is always present, even in my weakest and most helpless moments.
- Building a deeper relationship with Him requires intentional habits and surrender.
- Shifting from self-dependence to God-reliance transforms how I live and how I see the world.
- Loving God must always be expressed through loving others.
- Fellowship with believers is a gift that strengthens and sustains me.

The CIC journey has been a blessing in more ways than I expected. It helped me become more aware of God's guidance, His purpose, and His love. My journey ahead may still be long and narrow, but I know He will continue to sustain me, mould me, and guide me along this journey.



## Chong Soon Fook's (Group 2)

It took me a while to decide if I should sign up for CIC late in the year 2024. I had just stepped down from serving in a ministry and decided to take a year with nothing to do, just to rest as I continued with my life at work as well as ministry in cell groups. However, within me, I heard God knocking on the door of my heart, that God wanted to do another work in my life. With support from my wife, I decided to sign up for Companions In Christ and thank God that Soo Hoong was willing to allow me to as I was very late in my registration.

One of my objectives in joining CIC was to deepen my walk with God, learn new ways in my study of the scriptures and even get back to the basics of living a Godly life. More importantly, I wanted to hear and feel the Holy Spirit directing my footsteps and gain a greater sense of the presence of God in my life.

The daily readings followed by reflection were long initially, mostly affected by my working hours and that I have not been sitting still for a while. With persistence and consistency, I learned to quieten down my soul, wait on the Lord and remain focused on His words. With the spiritual practices, I received revelation and lessons. After a few weeks into CIC, it became obvious to me that I needed to slow down in my life to be able to listen and understand God's message for me.

In Part 1, I was reminded that God's promises for me are true and very evident, while looking back to my school days, God found me and made Himself known to me. I found Joy in being reunited with Christ later when I decided to stop evading Him. I liked the part about the means of Grace, and that Grace comes from God alone because I know that God is with me each time I noticed grace has been released in me to face my life challenges.

One of the prayer methods gave me a new way to confess my sins. I feel a sense of the presence of God as I called upon the name of Jesus. The feeling was like being given a fresh and new lease of life through acknowledging my sinful nature in the presence of a Holy God.

I am awed by the realisation when I learned that the Lord being the God of Abraham, Isaac and Jacob means that He is the God of the good and the not-so-good, or effectively, the God of ALL. I realised how great our God has been though I have read this phrase many times without knowing that God has a teaching point here for me, subtle as it is but powerful in realisation.

My greatest take away at the end of the 28 lessons had been that I learned to once again slow down to realise that God had all along been speaking to me through His word and through my brothers and sisters in my small group. The Spiritual Gift affirmation that I received confirmed what God had made of me in His church and that spoke of my life mission that He had intended for me. These gave me a greater sense of His presence in my life. I have now learnt to converse with Him, often asking Him questions for what my next step is and very often, I have received downloads and witness changes in situations that pointed to His answers for me.

What a Great God I love and serve!

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Jas Mah (Group 2)

I thank God who let me notice this program and sign up without hesitation. When I first joined the Companions in Christ (CIC) journey, I was shocked as there were daily exercises. “I hate homework” was my first thought. I was not sure what to expect as well. I knew it was about drawing closer to God, but I did not realize how deep and transformative the weeks ahead would be.

Looking back, I can see how the Lord has used this time to shape my heart, deepen my walk with Him, and teach me the value of walking together in Christian community. I learn not to worry about anything. I learn to let go of contacts, photos, information, evidences which I deemed as important.

Through attending this course, I am encouraged by the group experiences and sharing. Listening to the stories, reflections, and struggles of my group members has reminded me that God is at work in all of us, in all situations and that each person’s journey can be an encouragement to another.

I like the safe space in the group. I talk to God more and as I talk to Him, my faith has grown deeper and deeper.

I am grateful for the three facilitators – Choon Seng, Alan, and Joanne – for their patience, engaging guidance, and faithful sharing with the group on every topic. They taught me to be open and not fear by telling this big spiritual family about their struggles and their joys. Their leadership and their commitment made a safe and welcoming space for us to encounter God together.

I also want to give thanks for the sharing of exercises by my companions. Their openness and honesty helped me to grow deeper spiritually. Their willingness to testify to God’s work in their lives encouraged me to reflect more deeply on my own walk and to practice what I learned more faithfully.

CIC has reminded me that spiritual growth is not just about personal devotion, but about walking with others as companions in Christ. The rhythms of scripture, prayer, silence, and sharing have become precious to me, and I pray they continue to shape my daily life. Truly, this journey has been a blessing, and I would encourage anyone who is seeking a closer walk with God to consider joining the next CIC..



Linda Ong (Group 2)

To join Companion in Christ (CIC) was a true act of grace. God, who knows and loves me completely, led me there. He knows me better than I know myself and has carried me on His shoulders through every moment.

Through CIC, I've learned to lean on Him daily, committing every thought and need to Him. My spiritual relationship with God has deepened, and I am now more sensitive to His voice and more willing to follow where He leads. This growth was especially evident when I went through some personal challenges during the course. The topics and exercises ministered to me, and I was reminded that I can trust and depend on Him completely. He is a faithful God who will never leave or forsake me. He is my constant companion, journeying with me through every situation.

CIC also helped me realize the depth of God's love through the community I found there. Through our weekly meetings, I learned that I am not alone. I connected with facilitators and other companions, and we shared our struggles and triumphs. The sharing, encouragement, and prayers I received from them were a significant part of my journey. It was especially encouraging when they affirmed what I felt God was speaking to me.

CiC provided many useful tools to grow in faith, like learning to discern God's voice, meditate on His Word, and overcome obstacles in prayer. Other spiritual practices were ways to focus and communicate with God. CiC taught me to make prayer a priority and be intentional about drawing near to Him, knowing He will draw near to me.

By intentionally following the guided materials and making myself available to God, I have found a profound sense of peace. In His presence, there is no fear. We are one in Christ – safe and protected. All glory to God for bringing us all together.



Lynette Quah (Group 2)

I was drawn to Companions in Christ (CIC) by how others described it as a highly transformational journey. Having never joined a Spiritual Formation class before, I wanted to experience it for myself. Looking back, I can say that CIC has truly expanded and deepened my walk with God in ways I did not expect.

Through the sessions, I gained a new appreciation of the Spiritual disciplines. CIC was like a workbook guiding us into the ancient practices that forerunners in the faith and the early church used to commune with God. While I already had my favourite ways of praying and reading Scripture, CIC helped me broaden my vocabulary of what it means to meet with God. In particular, I have been blessed by learning various new spiritual practices – disciplines I hope to carry with me beyond CIC.

One of the most meaningful aspects of the journey was noticing how God is present and at work in everyday life. In the little things – such as missing a train after a long and tiring day but being blessed with a seat to rest on the way home in the following one – I was reminded of God's Loving Provision, that He says "no" only because He is preparing something even better. CIC taught me to pay attention to these rhythms of grace and to treasure them as part of God's ongoing conversation with me.

I also thank God for the gift of community in my CIC group. Each person's openness and vulnerability created a safe space for sharing, prayer, and growth together. I was especially moved when we shared our testimonies of grace – seeing how God had worked uniquely in each life was both inspiring and encouraging. The in-person sessions were also precious to me.

The journey was not always easy. Just as CIC teaches us that the Christian life moves through orientation, disorientation, and reorientation, I, too, experienced moments of discouragement – whether from challenges at work or the difficulty of some of the journal exercises. Yet it was in these moments of being stretched that I found growth. Each week brought a new challenge, a new perspective, or a new practice of prayer, reading Scripture, and community. And if growth comes when we step outside our comfort zone, then I know I have grown much through CIC.

CIC has truly been a gift – helping me to see God more clearly, to pray more deeply, and to walk more intentionally with Him and with others. I am grateful for this journey, and I look forward to continuing these practices as I grow in Christ.





Magdelene Low (Group 2)

This journey through Companions in Christ has been one of the longest programs I've taken. When I first heard about CiC, I did think about the commitment required. But surprisingly, it didn't take me long to say yes partly due to encouragement from my sister. Deep down, I felt God had already been patient with me—and I needed this discipline in my walk with Him. I am always busy with something, work, family commitment and volunteering. It is time to set aside the time for GOD, giving thanks and seeking His Word to right my path.

This CIC journey began on January 24, 2025. I was glad to be in a small group setting, A good mix of zoom and face to face sessions helped us to get to know one another. This journey was a discovery of myself. Each week's reading reminded me of the importance of intentional discipleship and that I am to slow down, to listen and to reflect.

The spiritual practices taught me to seek God continuously through reading, meditating and praying.

I thank God for our facilitators: Choon Seng, Alan and Joanne for sharing their guidance and their faith. My companions for sharing personal stories of faith, struggles and victories and sending prayers in chat group. God really used the group to build deeper relationship with Him, knowing Him, loving Him for His faithfulness.

There are still many areas where I need to grow spiritually. I need to be more intentional in prayer, and to read the Scriptures with faithfulness – God has used this time to know Him, follow Him and walk with others in the community. I'm still a work in progress and will continue to seek the guidance of Holy Spirit. Thank you, Jesus.

Your ears shall hear a word behind you, saying, 'This is the way, walk in it,' when you turn to the right or when you turn to the left." – Isaiah 30:21

"Pray in the Spirit at all times in every prayer and supplication." – Ephesians 6:18



Matthew Tan (Group 2)

Companions In Christ (CIC) has been a really interesting and nourishing journey in the 28 weeks that I spent together with my small group.

I initially signed up for CIC because a friend encouraged me to sign up together. Due to this, I went into the program with a bit of hesitance and reluctance, thinking that it would just be like any other church course that purely covered content to be learnt. To my great surprise, I found myself greatly enjoying the time that was spent in the small groups, especially since the focus of the program was aimed at developing our spirituality not merely as individuals, but as a community that supports one another. This relational focus brought much more meaning to the exercises and also made the journey much more enjoyable.

As we went through the different exercises and sections in CIC, I felt particularly encouraged by how there was a shift in focus from how we can receive from the community to how we can contribute to it as well. This shift is important to me because it changes the way we view church communities and our purpose for gathering. Church is not merely an avenue which we seek out to gain more knowledge, but greater fulfilment can be found through the ways that we give back to one another as well. As mentioned in Hebrews 10:24-25, we don't come to church just to be encouraged, but to encourage others! Just as I have found a community within my CIC small group that cares for me and encourages me in my walk with God, I want to do this for those around me as well. I have found myself reaffirming the simple truth that in order to grow spiritually, we need others. And what better way to hold onto this truth in my life than to live it out in my journey with others! What a beautiful way to encounter God indeed - as we draw close to one another, we are drawing close to God as well!

The commitment of the facilitators is something that cannot be understated as well. Apart from just going through the content, I really loved the brief moments where the facilitators made intentional efforts to catch up with individual group members when we came for the sessions. It adds a special dimension to a group setting when you start to realise that your presence matters to those around you and that they are by your side week after week, praying for you no matter what comes your way in the 28 weeks that you spend together. It has been a month since the CIC journey has ended for me, and day by day I reminisce hearing the lovely voices of everyone as we excitedly catch up with one another, with everyone sharing about how their week has been and how they have encountered God in it.

In terms of the programme itself, I found that it was extremely helpful to gain guidance and nourishment in so many areas of my relationship with God that I was previously not as intentional about. In particular, I have newfound intimacy with God in my prayer life! This includes being more intentional about making an effort to commit everything to God in prayer and also learning to re-centre myself with God at the end of the day amidst the fast-paced life we live, giving thanks for all that He has blessed me with in the day and week. The best part of all this is that we are given the chance to explore these areas in a safe space of believers who wish to seek God intimately as well - even the facilitators, too!

At the heart of it, the CIC journey can be summed up as such: As believers, we are called to venture deeper in communion with God, both individually and communally. We are called to go beyond being just Christians in Church, but as Companions in Christ.



Sharon Khong (Group 3)

CIC opened my eyes to different ways of experiencing God's presence in my life. God is always present with me, but I have learnt to "throw" myself into His path, and to notice His invitations to me throughout the day. God is actively involved in my life, and His graces can come even through surprises and interruptions in my day - God is asking me to be open to Him.

I spent time learning to be quiet in God's presence, praying in different ways, and being alert to His promptings. God drew me ever-closer to Him as I opened myself to Him through the various practices and exercises. God revealed my giftings and taught me that He speaks to me just as He spoke to people in the Bible. For the first time, I experienced so clearly my very own "And God said..." moment after I told him my troubles; God spoke through a scripture passage, and I heard His voice. CIC taught me that God's Spirit is always near to guide me in everyday life.

Through the 28 weeks of CIC, God has grown me in spiritual maturity. I recognize His call to me to persevere in love; I am more open to being persuaded by God, yielding to His ways. I invite God to sit with me in my challenging places, and I experience His grace, wisdom and enablement.

God, in His Sovereign wisdom, goodness and love, brought me into CIC during a season of grief and struggle, and gave me a "hand-picked" group of companions to walk with me. We learnt together to listen to God and to each other, to encourage, and to discern His will. The process of spiritual formation is not for me alone; it is for building up the Body of Christ.

My CIC journey has been so special, personal and transformational. I finish the experience with a great assurance that my life is intertwined with God and His people.



Yolande Wan (Group 3)

My journey in Companions in Christ has been one of growth and transformation. Through the practices of prayer, worship, and spiritual discernment, I have gained new confidence in hearing God's voice and recognising the guidance of the Holy Spirit. Through this journey, I have learnt to recognise His voice with greater clarity, and to open my heart more fully to the Spirit's promptings.

What encouraged me most was the gift of community. What began as a group of strangers has now become a family in Christ – accepting, supportive, and rooted in His love. Journeying alongside fellow believers, listening to and sharing in confidence our encounters with the Holy Spirit, affirming one another in faith has strengthened my own faith and built assurance that God is truly at work in our lives.

This journey has given me renewed boldness and confidence in Christ.



Christina Seah (Group 3)

God is transforming my life in this community of grace, to grow in Him. As I come into this 'safe space' of covenantal commitment, I am able to share my life, my struggles. I know I am accepted as who I am. I can be real and vulnerable. I felt knitted to this community and enjoyed this spiritual journey with them.

The journaling process in CiC helps me to put my experiences with God into words. The exercise guided me to be aware of my own inner struggles and God's holy spirit working in my heart. I began to see God's healing in me as I opened myself to Him. It is a journey of listening to God and surrendering to His good work.

The practices introduced in scripture reading helps me to value God's word. I used to read the Bible as a duty and devotion with little understanding. The spiritual practices allow the WORD to 'work' in my heart and, hence, the situations in my life. The Bible became a living word that speaks. Through the different practises I experienced God in a deeper and more personal way. In this CiC journey, I have come closer to God as He draws me to Himself. I began to understand, what it means to 'ABIDE' in Him.

Other practices also help me to anchor my soul in times of uncontained emotions. I am able to 'rest' in my Father's bosom in time of need. The peace and security have guided me through life's challenges.

God has bestowed gifts to each one of us. In CIC, I received affirmation of my spiritual giftings. It was a confirmation in me to exercise these gifts. Every one of us has been made to shine. Christ has called me into this body to serve others. In this journey, I have experienced God's companionship and the companionship of my sisters-in-Christ. It is knowing that you are not alone but walking hand-in-hand and step-by-step in this spiritual journey together.



Linda Quek (Group 3)

Companions in Christ (CiC) helps me to grasp the vital role God's word plays in enabling me to live the life God planned for me to live. I have been studying God's word with Bible Study Fellowship (BSF) for more than five years and I find CiC a great complement to BSF or any studies of God's word. CiC brought a deeper understanding of God's word, guided me to abandon my old ways, renew my mind, and in the process let God mould and transform me into Christlikeness through various new forms of prayer and activity.

CiC opened my spiritual eyes, it helped me in my daily walk with God as it draws me closer to him and to respond to Him in faith for His purposes. Through various CiC activities, praying and meditating, I acquired the skill to hear, see, and sense the Holy Spirit and they sharpened my spiritual senses.

One of the most transformative experiences has been the emphasis on self-reflection through journaling and reflecting on the other participants' contributions and sharing. Their sharings encouraged me, opened me to new dimensions of how God works and blesses each individual differently, shaping and guiding each person to fulfill their destinies in God's plans for each person. The CiC facilitators assisted and guided us to open our minds and hearts, allowing the Holy Spirit to speak to us and lead us into greater understanding and stronger faith through exploring the bible verses together as Companions in Christ. I learned that praying is not for me to "feel good" or a "requirement" or "asking God for blessings" but through prayers I allow God to transform me to His likeness and deepen my relationship with Him. I am more confident in stepping into deeper waters and just trust and obey God's calling.

Join CiC! Learn new ways of praying and discover the gifts God is blessing you with for the work of Christ.





Serene Chia (Group 3)

When I first joined CIC, I wasn't sure what to expect. But it soon became a meaningful and eye-opening journey. At the start, we were simply getting to know one another, and being in an all-ladies group made it easier for us to open up and share freely.

As we shared our faith journeys, the Lord brought back memories I had long forgotten before returning to PLMC. Back then, I wasn't conscious of His presence, but looking back now, I can see how His hand had been upon my life through all the years.

From the very beginning, I was reminded of Ephesians 1:4 (NKJV):

"...just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love." My heart is filled with gratitude to the One who has been so gracious and merciful to me.

But CIC stretched me in new ways challenging me to dig deeper, to reflect on how I read Scripture, how I pray, how I listen and respond to God's voice, how I commune with Him, and how I simply just rest in His presence.

One of my greatest takeaways is the assurance that the God is always with us. The question is never whether He is present, but whether I am truly aware of His presence in every situation.

I am also amazed at how God freely showers His children with different gifts, nurturing each of us according to His purposes. As we follow His leading, He enlarges our sphere of influence—whether in the church community or in the marketplace.

Finally, I am reminded that as children of God, we belong to the Body of Christ. We are not meant to walk alone, but to look out for one another, especially those who may slip through the cracks in our church, cell groups, or ministries. Beyond our local community, we are part of the greater Body of Christ, each of us with a role to play in His Kingdom.

I thank God for leading me on this journey through CIC, and I look forward to what He will continue to do in and through my life.



Wong Mee Keng (Group 3)

28 weeks in CiC initially seemed daunting, but the Lord knew exactly what I needed: 'The most important thing is to seek silence, tranquility, recollection, and peace' (Thomas Merton). He graciously safeguarded this sacred time, removing obstacles like work commitments during my CiC hours. Praise the Lord!

One highlight of my CiC experience was living as Covenant Community. Our facilitators modeled attentive listening, creating a safe space where we shared vulnerably, guided by the Holy Spirit. Our group covenant - honouring individual differences, maintaining confidentiality, and sharing authentically without judgment - fostered deep connections with each other and God. This is a key takeaway I will carry into my cell group and family.

In CiC, I learned to deeply rely on God's presence amidst uncertainty, abandoning myself to Him. During a challenging period, God's sanctifying grace guided me to reorient my trust. Meditating on Psalm 27, 'The Lord is my light and my salvation...', His Word brought personalised comfort and strength.

Oswald Chambers writes, 'We are uncertain of the next step, but we are certain of God... [God] packs our life with surprises.' One surprise in CiC was discovering our spiritual gifts. When a facilitator saw a budding gift of shepherding in me, I knew the Lord had purposefully placed me in this group, answering my longing for role models as a new cell group leader. For 28 weeks, three nurturing facilitators, embodying a shepherd's heart, spoke words that confirmed, comforted, and guided us, mirroring Jesus (Psalm 23).

28 weeks in CiC: An amazing journey! I have gained far more than I imagined - confidence to run the race ahead, affirmation of my spiritual gifts and roles in God's body. I am determined to use my gifts to lead my cell group and coordinate mission work with greater fervour. Most importantly, I am motivated to abide in Jesus, the Vine (John 15), with fellow companions holding me accountable in spiritual formation practices. My heart rejoices, blessing the Lord for His wondrous blessings - Companions in Christ and facilitators who have been angels and hosts throughout this journey (Psalm 103).

20 Bless the LORD, you His angels,  
Who excel in strength, who do His word,  
Heeding the voice of His word.

21 Bless the LORD, all you His hosts,  
You [c]ministers of His, who do His pleasure.

22 Bless the LORD, all His works,  
In all places of His dominion.  
Bless the LORD, O my soul!



Elaine Lim (Group 4)

What did I gain from my CIC experience? The CIC exercises helped me see the movements of God's grace in my spiritual journey. I learned some new ways of taking to heart the message of the Bible. I experienced interesting forms/styles of prayers, some of which I would like to incorporate in my prayer life.

My key takeaways are the times of reflection & the practice of journaling that help me to have a closer relationship with God. It takes intentionality, hard work and heart work, and the empowerment of the Holy Spirit.

The changes that I see in myself are that I am more prayerful, going less on auto-pilot mode. In terms of changes in my relationship with God, I am more God-focused, daily talking to God on both important and mundane issues, learning to discern His will, resulting in greater fruitfulness in Christ. I am more aware of His redeeming love, His daily graces and His faithfulness. In terms of changes in my relationship with others, I learned how to lift others in prayer before Jesus, and to extend God's love and grace to others.

The journey with my companions over the 28 weeks reminded me of Jesus walking with the two disciples on the road to Emmaus, where He opened Scriptures to them (Luke 24:13-32). It was an eye-opener, and an edifying experience. I enjoyed the weekly meetings and received much encouragement from the authentic sharing of experiences.

I started CIC wanting to live the abundant life in Christ here for His glory, have greater intimacy with Him, and being ready when He calls me home. The CIC experience has more than met my expectations and has indeed provided a conducive setting for me to have deeper communion with God through greater awareness of His presence. The initial doubts of whether I was biting off more than I can chew in embarking on CIC due to my other ministry commitments were unfounded, as God's grace was more than sufficient!

CIC may have ended, but the journey continues. There is so much more to be gleaned from the rich CIC materials, and I look forward to some form of on-going CIC support and sharing of experiences in our church community.

I am truly grateful to my facilitators-cum-companions for their patient guidance during the CIC journey.

To our gracious & faithful God, who never fails to honour our commitments to Him, and who does immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be the glory.



Grace Yee (Group 4)

Before I attended CIC, I thought CIC was just another Bible Study course, where I study the Bible book by book, chapter by chapter. CIC transformed my 'head' knowledge of the Bible to 'heart' knowledge leading to a deeper experience and intimacy with God, through the leading and guidance of the Holy Spirit in me and through me.

I learned how to respond to God in deeper communion with Him. I discovered the different spiritual practices and forms of spiritual guidance where together with other members of the small group, we learn to seek God together.

We were also shown various ways to discern and respond to God's calling and to His will, through the many ways of listening to God, through various methods of prayer, on studying Scripture and means of worship, thereby allowing my life to be transformed by the Word. I learned to open up and yield myself to God and to host His presence.

It's a good experience to get to know God deeper and to forge spiritual friendships with my small group. CIC has enriched my faith and walk with God.



Joyce Ang (group 4)

Participating in Companions in Christ ("CIC"), small-group experience in spiritual formation, was very rewarding. Doing so helped me to identify where I was lacking in my Christian life. Invaluable resources and tools in the participants' book combined with well-planned guidance from our facilitators effectively filled those gaps.

CIC's well-rounded programme helped me to understand what maturing in Christ looks like. From the daily exercises in the participants' book and the CIC small-group experience with fellow church members, I gained deeper insight into my own journey of faith, growth in reading the Word of God and in praying, knowledge and experience of spiritual practices, spiritual gifts and Christian community life. Each session was like having a much-needed mini spiritual makeover. I should have attended CIC earlier!



James Chan (Group 4)

This 28-week journey has passed by swiftly but has been enriching. I am thankful to God for this experience. I am also grateful to my fellow companions on this journey. Their sharing of insights and experiences have encouraged me in my walk with the LORD and I humbly learnt that we are all works in progress. Through this journey, I have learnt that growing spiritually in the LORD needs to be in community as iron sharpens iron and spiritual formation is a process enabled by the Holy Spirit by His love and grace.

I wonder what it would be like if I had encountered CIC in the early years of my Christian life. Looking back, it would have facilitated me to look at my spiritual development very differently. My relationship with Christ would be more dynamic with a deeper insight into my prayer life, the manner I read the Bible, discerning God's presence in daily living and His will and purpose for my life and I would be more open to listen to other people's views and faith journey stories. Each of us has a unique path in experiencing the grace and presence of God in diverse situations.

Each chapter was well written and positioned to provide good insight into the topic. Important lessons could be gleaned from the write-ups, and this was further reinforced through the daily exercises. The questions asked in each exercise deepened my thoughts and reflection of past experiences. This helped me to situate the experience in the light of God's Word which enabled me to find new meanings. It is a good resource book that I will cherish and continue to explore deeper into.

Without journaling, much of the thoughts, feelings and experiences would not be captured. The discipline of journaling was an important part of this journey. Keeping a journal helped me to reflect and examine my experiences with God and others. I will need to have the discipline to continue this good practice.

No man is an island. The ground rules provided a safe space to share our vulnerable stories in our small group. Each of us is a work-in-progress. Hence, it provides much freedom to share. We learnt by listening to one another and with the guidance of the facilitators. We were not alone in this journey as each of us also faced similar challenges and issues. Our spiritual growth was truly by the grace of God through His Spirit. To God be the glory!





## FACILITATORS' TESTIMONIES

Linda Soh (Group 1)

It's been such a privilege to facilitate a CIC group this year. I was a participant in 2023, and the 28-week journey was a special space of learning about myself, my God and His great love for me. It gave me permission to slow down and just be with God, looking back, inward, upward, around and finally looking ahead to what more He had in store for me. Revisiting the journey this year as a facilitator has allowed me to enjoy the material in a deeper way. Each week of preparation required more time, teamwork with my co-facilitators, a great reliance on the Spirit and a love in Christ for my fellow Companions. But what has grown from it has been a greater desire and understanding of how to deepen my relationship with God. It has also been so encouraging to see our Companions growing in intimacy with the Lord. I am grateful to God for having had this chance to serve and grow at the same time.



Alan Tso (Group 2)

Companions in Christ (CiC) 2025 has been a time of healing and sharpening my senses for the smaller details of my life. The story of the Samaritan woman in John 4 is a movement from brokenness to blessing according to Pastor Simon, even to bless the transgressors who despise her. Through a transforming experience of meeting Christ Jesus, her suffering has become redemptive in the form of an act of love. In a similar way, I am like a wounded healer, trying to bring some healing, wholeness and holiness to those God brings to my attention. Journeying as a companion in Christ provides a means of moving from healing toward holiness through the practices of spiritual disciplines such as the various ways of interacting with scripture, prayer, meditation, and contemplation. Abiding in Christ allows the Spirit of Christ to work in me and through me in order to bear the fruit of doing the work of Christ. Indeed, apart from Christ the true Vine, the branch can do nothing.

Through the 28 weeks, I learn that the Christian journey is both contemplative and active. The works of piety help me to be grounded in the firm foundation of Christ, and the works of mercy are the fruit. Perhaps an unexamined life is not worth living and a self-centred life is chasing after the wind. Through one of the spiritual practices, I am better able to sense the means and the flow of God's grace so that I can respond with the acts of faithfulness and faith.

It is enlightening to see how the 4 aspects of loving God with all my heart, soul, mind, and strength as well as loving my neighbours as myself are related to the different types of spirituality. Sensing the presence of God and the prompting of His grace, I begin to see how I fit in the church which is a community of grace and guidance that moves the body toward maturity by doing the will of God in His Kingdom. This year, I have the privilege of having the whole group helping me to discern and provide guidance, bring clearness for my way ahead in 2026. Perhaps practicing regularly what we learn through CiC as a community is one of the means for PLMC to achieve the greatest good that God intended for her.



Joanne Ho (Group 2)

It has been an enriching 3 years, first as a companion (2023) going through the 28 sessions, and then 2 years as a facilitator (2024, 2025).

Attending Companions in Christ has been transformational. Through the 28 weeks, I was able to increasingly experience the various spiritual disciplines and practices. That helps me to encounter the word in the Bible, not in a cerebral way but one in which I commune with God, sensing Him through my heart (feel) and the message He has for me in the season, and through my gut (sensing, intuition) to discern His prompting and bidding.

One of the biggest takeaways is learning to slow down, listen and obey, through a continuous cycle of learning and listening to Him (sitting and letting the word come alive), surrendering and obedience to respond to the prompting, to reflect and examine thereafter, fine tuning and taking the next step.

Checking in with God throughout the day in mini moments helps me notice things that I have never noticed before, connecting with Him in ways I've never connected before, responding in the moment and just sitting with Him, even as I go about my work. That sounds like an oxymoron - restful work - but that is exactly the beauty of that – work and rest juxtaposed in such a beautiful way, bringing harmony in the moment – doing a 'Martha' thing in a 'Mary' way.

We walk together with companions in this journey. They provide so much encouragement and support for one another – hearing our stories and cheering each other on, as each encounters their own transformation within.

Through these 3 years, I have seen God's prevenient grace in my life. In 2023, what started as a regular check-in in from one of my companions, Sally, about my dad, who was undergoing radiation therapy for his prostate cancer at that time, turned into great encouragement and boldness for me to have a deep conversation with my dad one day about his faith and inviting him to church. After many years of refusing to attend church, due to my mum's objection, my dad finally decided for himself that he would take a stand to follow Jesus. He started attending church in January 2024 and was baptised in June 2024. In September 2024, he had his first stroke and was discharged in November 2024. Throughout the hospitalisation, he kept faith. After he was discharged, though his mobility was affected, he continued to come to church. Sitting with him at the Mandarin service, I saw him listening intently to the sermons and I knew it spoke and ministered to him deeply. His faith journey wasn't easy as he continued to receive strong opposition from my mum. But the encouragement surrounding him was greater. Richard, his cell leader, Ps Jacob and Shalom visited and prayed with him. My dad had a second stroke in February this year, through a very prolonged hospital stay with fluctuating condition and deterioration, he has since returned home to the lord end July this year. Looking back through the 3 years, I see the beautiful work of God and his prevenient grace bestowed on my dad and me. My dad had a beautiful 1-year grace period. A one-year journey that took my dad from declaring his faith and taking an active step to attend church regularly, to his baptism, and even after his first stroke, continue to attend church.

Joanne Ho (Group 2) cont.

Even when I have little faith, God did not leave dad behind. He loves him very much too, just like He loves me. And so now, my dad is the first in my family to enter God's kingdom in eternity. What started as a verse I declare every morning and receive in faith bore fruit in its season, bringing salvation to my dad. 'Surely goodness and mercy will follow me and my family all the days of our lives, and we will dwell in the house of the Lord forever (Ps 23: 6)'.

2025 was a tough year, juggling supporting dad and facilitating CIC. At the time, it was also the preparation weekly to facilitate that also kept me in my spiritual practice, which anchored me despite challenges from all fronts. God is such a great God, who equips me in this season to walk this journey.

As I write this reflection, I am filled with gratitude of how much God loves me and my family. And even more grateful that I now have different means and ways to commune with God from what I have learned through and facilitating in CIC. CIC is so critical in our spiritual formation – our faith journey, our growth and spiritual maturity. It is helping me, grow, one step at a time towards who God intends me to be, trusting that He will not leave my family behind, for He loves them too.



Amy Cheong (Group 3)

As I write this testimony, I am greatly humbled by God's call to me to co-facilitate with two other lovely, God-fearing souls a CiC group of ladies hungry for more of Him. Humbled because the more I drew closer to God and learnt about Him, the more I learnt about myself. I feel Teresa of Avila is so right when she says in *Interior Castle*, "we shall never succeed in knowing ourselves unless we seek to know God: let us think of His greatness and then come back to our own baseness; by looking at His purity we shall see our foulness; by meditating upon His humility, we shall see how far we are from being humble" and "if we turn from self towards God, our understanding and our will become nobler and readier to embrace all that is good: if we never rise above the slough of our own miseries, we do ourselves a great disservice".

CiC offered a wonderful opportunity for all Companions, both participants and facilitators, to know God through spiritual formation practices with each other, and consequently to know ourselves (and each other) better. We read scripture and prayed in novel and unfamiliar ways that, with practice, felt right, and empowering. We shared deeply, encouraged, affirmed, and learned together, all the time knowing the Holy Spirit was there to guide and strengthen us. We experienced God's presence in new and wondrous ways and what was familiar became fresh again.

This journey of 28 weeks seemed so long at the beginning, but too short at the end. This is my third round of CiC, one as a participant and two as a facilitator, and I feel increasingly blessed by God and my Companions. Indeed, His mercies are new every morning, and great is His faithfulness! So, would I continue to facilitate and journey with new groups of Companions? You bet I would!



Poon Keen Shan (Group 3)

Being in Companions In Christ in 2025 has been a special year for me, having lost my husband end of 2024. I thank God for this group of Companions who provided a safe space when I am in a vulnerable season of life.

I was able to be myself, including the ability to express my grief during the sessions. Even while I facilitated, I sensed that the Lord was taking me on a journey to draw me to Himself. God helped me to be in touch with my own emotions towards Him in one of the sessions. This started me on a healing path and not to let my husband's demise be an impediment.

While the experience of the spiritual practices was not new, I experienced God in new ways in this new season of life. I appreciated the community of Companions here, giving me the space to speak myself to clarity, in a time when my emotions were complex.

Even as I was looking forward to the rhythm of a break from serving here, I also feel a sense of loss as we close this year's CiC. Even as I know this, God willing, I will move on to a new group and take on another adventure that comes with seeing what God will show in the next group.



Veronica Foo (Group 3)

This is my fourth time facilitating CIC, and I am still in awe of the beautiful and powerful transformation I've witnessed — not only in my own walk with God, but also in the lives of my Companions in Christ. What a privilege the Lord has given me, and I am truly humbled by His grace and mercy.

Through CIC, I have experienced both healing and ongoing transformation. The time spent with God has deepened my intimacy with Him, renewing my mind and heart. The authentic sharing within a safe, Spirit-filled space has blessed me deeply, especially through the gift of listening — something I have even brought into my parenting journey.

CIC is not just a program; it is a rich, experiential journey with God and with one another. It touches the mind with God's truth, the heart with His love, our actions with His guidance, and our relationships with His Spirit. I would strongly encourage anyone seeking to grow deeper in faith, healing, and community to sign up and join this journey together.





Judy Chiam (Group 4)

My faith journey began with a spiritual hunger for intimacy with God. I attended Christian conferences, courses and found Companions in Christ.

Spiritual formation helps mould me so I can be more sensitive and discerning to our Father's heart and will, with Christ as our model and the Holy Spirit as our guide.

Having loving, non-judgemental support from my fellow companions and dedicated facilitators. Learning from each other's sharing and experience.

Learning various methods of meditation, prayer, listening, practicing holiness and serving.

Being present and renewed, refreshed, relaxed in communion with God and community.

To just "be" and allow God to use me as a witness and vessel of His love, peace and healing to the community and world.

Allowing myself to be transformed in my mind and Spirit.

To be radically available and say yes to God when He calls.

Relying not on my own strength but on the infinite power of the true vine. Exercising the gifts of the Spirit and bearing fruits that last.

Marvelling at God's infinite mystery, revelation, glory, beauty and splendour.

Feeling assured and loved, knowing that our infinite God sees me knows me and will meet me where I am.

I am accepted.

I am loved.

Reflecting on my first year facilitating CIC, it has been such a joyful, enriching experience and an irresistible opportunity to practice and re-learn ideas I couldn't understand the first round. My learning and faith journey continues.

Thank you to my fellow companions for sharing of their faith experiences, love and friendship. I always learn so much from them. Thank you to the CIC leadership team (Soo Hoong, Lois, Keen Shan, Choon Seng and Ee Hong) and my group co-facilitators Lois and Geok Har for the wisdom, guidance, dedication, love and friendship. May God bless all of you.

