

heartbeat@PLMC



When PLMC Said "Yes" to God: A Saturday of Miracles and Renewal

当 PLMC 向神齐声回应“我愿意”： 一个充满神迹与更新的周六

On 14 March, Paya Lebar Methodist Church's Sanctuary and other spaces were filled with a different kind of energy. Over 1,300 Methodists from across all 21 TRAC churches came together for the TRAC Prayer Conference, themed "I Say Yes." As the host church, PLMC was privileged to see worshippers of all ages gathering in one heart and spirit, all hungering for a deeper encounter with God. →

3月14日，我们巴耶利峇卫理公会（PLMC）的圣殿里充满了不一样的属灵动力。这不仅是一个普通的周六，更是一个历史性的时刻——来自卫理公会临时年谊会（TRAC）旗下 21 间教会的 1,300 位弟兄姊妹齐聚一堂，参加主题为“我愿意”（I Say Yes）的祷告大会。

作为东道主，看到圣殿里坐满了老少信徒，大家一心一意寻求神，这让我们深受鼓舞。→

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More from the
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A Quiet Day

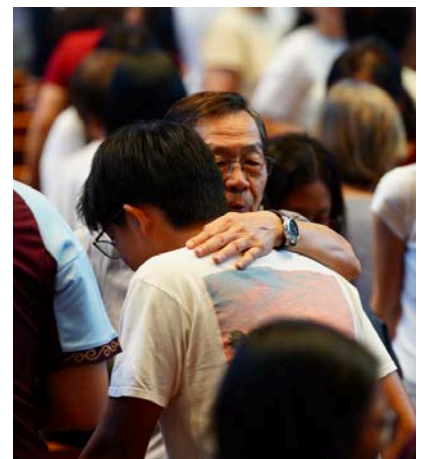


TRAC President Rev Reuben Ng reminded the congregation that the event wasn't about hitting targets or reporting numbers. Instead, it was a collective realignment comprising::

- Drawing Near: Realigning our hearts to hear His voice.
- Restoration: Seeking healing for broken spirits and strained relationships.
- Consecration: Simply saying “Yes” to God’s call on our lives.

TRAC 会长黄力强牧师提醒，这并非追求活动达标，而是全心的对齐：

- 亲近神：调整心弦，聆听神的声音。
- 修复：医治破碎心灵与关系。
- 奉献：向神的呼召回应“我愿意”。

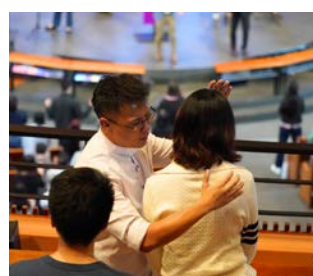


The Holy Spirit moved tangibly in our Sanctuary as we witnessed beautiful stories of restoration:

- A sister with knee pains found herself able to run down the aisle after prayer;
- A medical professional suffering from fibromyalgia experienced a sudden release from pain that defied her own professional logic; and
- An attendee with a month-old elbow injury was able to remove his guard and worship freely by the end of the session.

圣灵在圣殿中运行，我们亲眼见证了医治的神迹：

- 一位膝盖剧痛的姐妹在祷告后，竟能在走道上跑动；
- 一位患有纤维肌痛症的医护人员，在不借助药物的情况下痛楚全消；
- 一位肘部受伤的弟兄在聚会结束前，已能脱掉护具自由敬拜。



The fire of revival didn't stop at the Sanctuary doors. In the children's programme, over 80 young ones also gave God their resounding "Yes!"

After starting the afternoon worshipping with the adults, the children were prayed over by the congregation and sent off to discover how God speaks to them. A key focus was learning to "be still"—a precious exercise where they sat in silence, drawing and writing the words and images God placed on their hearts.

A highlight of the conference was when the Pastors-in-charge from every TRAC church lined up to be prayed for by the children. It was a beautiful sight to behold our leaders stooping low to meet each child heart-to-heart, leaning in to receive the words God had given them through these little ones.

Just as Jesus welcomed the children, our pastors embraced them with love and humility, proving that no one is too small to be a vessel for the Holy Spirit. We believe these children have caught the flame of prayer that they will now carry into their homes, schools, and the future of our church.

As the host, our hope is that PLMC continues to be a "furnace" of prayer, desiring the tangible presence of God and genuine encounter with Him.

复兴的火焰不仅在圣殿燃烧，在当天的儿童特别节目中，超过80位小朋友也同声向神回应：“我愿意！”在与成人一同敬拜并接受会众的祷告差遣后，孩子们开始了探索之旅，学习神如何对他们说话。当中的关键环节是练习“安静”——孩子们在静默中学习聆听天父的声音，并将神放在他们心中的话语和画面记录在画纸上。

全场大会最令人动容的高光时刻出现在祭坛前。各间 TRAC 教会的堂主任牧师排成一列，由孩子们逐一为他们祷告。那是一个极其美丽谦卑动人的时刻：我们的牧者们纷纷弯下腰、俯下身，与孩子心贴心，专注地聆听并领受神借着这些小小生命所传达的话语。

正如耶稣当年欢迎小孩子到祂面前，牧者们也以谦卑和爱拥抱了孩子们，见证了无论年龄大小，都能成为圣灵祝福的管道。我们深信，祷告的火种已在孩子们心中点燃，他们将带着这光，照亮家庭、校园和教会的未来。

作为东道主，我们的愿景是让 PLMC 继续成为祷告的“火炉”，渴慕神真实的同在，并与祂建立真实的相遇。



Photos by Amanda Lee

Who's Afraid of A Quiet Day?

When silent retreats are mentioned, I am sure more than a few will stagger backwards and emphatically declare, "No, no, no, not for me. I cannot be silent. I won't know what to do with myself!"

But is it really all that people imagine it to be? At the recent A Quiet Day in Lent retreat on 28 March, retreatants were led through a guided day of prayer and reflection. Below, three participants share about their experience of being still and listening to Him..

God always longs to spend time with you one-on-one, so if you have always wanted to encounter Him, hear Him, rest in Him, do come for the next Quiet Day with Him. – *Amy Cheong*

A Quiet Day in Lent was a peaceful and renewing experience. A guided space at a slowdown pace. Take a **Pause** in the midst of busyness and **Listen** to God.
停一停，听一听” – *SL*

A quiet day at the retreat centre meant that I was taking time away from my distractions in life to wait upon the Lord and to rest in Him. With time for reflection and prayer from the passage given to us, I could think through the reflection questions and not be in a rush to answer them. My time with the spiritual director also enlightened me about questions I had in mind, and she helped direct me back to my time with God. I came out of the retreat feeling rested and clearer about how I would spend my time with God. – *DH*

It was the first silent retreat for me, so I had no idea what to expect. I started the retreat with much anxiety. For the first reflection session, I knew the important thing to be dealt with was to forgive myself. For too long and too many times, I was my harshest critic.

As I walked the labyrinth, I asked God to help me and slowly I laid down my past failures and mistakes.

Then, God reminded me of my identity in Him. I did not have Him as a Father in the past, but I have a Father now. Dwell not in the past anymore. It's the present and the future that counts and He will be with me through it all. He is my Father. He is also my provider, protector, defender.

I no longer feel alone – He is with me.” – *EB*

Details of the next Quiet Day retreat and more Spiritual Formation courses can be found [here](#).
