

P A S T O R

**WANG
GUANGHAN**

YOU CAN



Life is full of problems.

No one is exempted from
problems in life.

**YOU CAN
OVERCOME**

Overcome:

To succeed in dealing with (a problem or difficulty).

Circumstances don't shape who you are..
Instead, they **reveal** who you are.



Matthew 26:36-46 (NIVUK)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, 'Sit here while I go over there and pray.' ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.

Matthew 26:36-46 (NIVUK)

38 Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'

39 Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.'



Matthew 26:36-46 (NIVUK)

⁴⁰ Then he returned to his disciples and found them sleeping. 'Couldn't you men keep watch with me for one hour?' he asked Peter. ⁴¹ 'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.'

Matthew 26:36-46 (NIVUK)

⁴² He went away a second time and prayed, 'My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.' ⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing.

Matthew 26:36-46 (NIVUK)

⁴⁵ Then he returned to the disciples and said to them, 'Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!'

How do we overcome problems
that overwhelm us?



**CHOOSE GOD'S WILL
OVER OUR FEELINGS**

YOU CAN



Matthew 26:42 (NIVUK)

⁴² He went away a second time and prayed, 'My Father, if it is not possible for this cup to be taken away unless I drink it, **may your will be done.**'

Not my will, but Yours be done.



Luke 22:42 (NIVUK)

⁴² 'Father, if you are willing, take this cup from me; yet **not my will**, but yours be done.'

Indecision keeps us trapped.



Will I keep living based on my feelings?
Or will I trust God and move forward?



SECONDARY / 1 NOVEMBER 2022

Drowning in despair during the O-Levels, I heard the audible voice of God

Words by EMILY YUE

Illustrated by NICOLE CHAN

Have you ever believed you've messed up your exams so badly that it's too far gone... even for God?

Our writer shares about her lowest point during the O-Levels and how God gave her a miracle amidst an anxious time.

Source: thirst.sg

Proverbs 21:31 (NIVUK)

³¹ The horse is made ready for the day of battle, but victory rests with the Lord.

While God may not come through for us in the way we imagine, one thing we must do is continue to trust Him. Not “trust the process” as the saying goes, but trust in God.

EMILY YUE

1/4



It is trusting that He will see me through tough times. It is trusting that even if He doesn't give me the grades I hope for, He closes doors for protection and redirection.

EMILY YUE

2/4



I trust God that whether my grades end up being stellar or subpar, victory is still guaranteed in the sense that He will always be with me and help me to overcome life's hurdles.

EMILY YUE

3/4



So, even if your O-Level story doesn't have a "happy ending", don't be discouraged: have faith and know for certain that God has good plans for you. May we all have the courage to strive on, with a hope that overflows!

EMILY YUE

How do we overcome problems
that overwhelm us?



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**REFUSE TO LET PAIN
DEFINE OUR FUTURE**



Emotional pain

Matthew 26:38 (NIVUK)

³⁸ Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'

Mental pain

YOU CAN



Matthew 26:39 (NIVUK)

³⁹ Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, **may this cup be taken from me.** Yet not as I will, but as you will.'

Relational pain

Matthew 26:38 (NIVUK)

38 Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. **Stay here and keep watch with me.**'

Matthew 26:40 (NIVUK)

⁴⁰ Then he returned to his disciples and **found them sleeping**. 'Couldn't you men keep watch with me for one hour?' he asked Peter.

Matthew 26:43 (NIVUK)

⁴³ When he came back, **he again found them sleeping**, because their eyes were heavy.

Spiritual pain

Matthew 26:41 (NIVUK)

⁴¹ 'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.'

Not my will, but Yours be done.



Matthew 26:46 (NIVUK)

⁴⁶ Rise! Let us go! Here comes my betrayer!



FAMILY / 25 JULY 2019

Healing the hurts: How God restored my family

Words by JOANNE CHIM
Illustrated by NICOLE CHAN

Source: thirst.sg

God took a woman like me, who
was broken physically, emotionally,
mentally and spiritually, and restored
me to run after His heart.

JOANNE CHIM

1/4



If He could take my once
dysfunctional family and transform
our hearts and minds such that we would
be loving each other so deeply today,
there's nothing He can't do for you.

JOANNE CHIM

He's the best person in making beginnings out of dead ends – after all, He did part the Red Sea. God's also the best person to take whatever little we have left and make a beautiful masterpiece out of our brokenness.

JOANNE CHIM

3/4



And trust me, as someone
who's lived through years of pain,
the breakthrough that comes from
waiting on God, no matter how long
it takes, will not disappoint.

JOANNE CHIM

Romans 8:37 (NKJV)

37 Yet in all these things we are more than conquerors through Him who loved us.

How do we overcome problems that overwhelm us?
We overcome when we:



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REFUSE TO LET PAIN

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Romans 3:23 (NIV)

²³ for all have sinned and fall short of the glory of God,

Romans 5:8 (NIV)

⁸ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

YOU CAN

