



# Taiwan Harmony Friends Church

Worship Service **Oct. 13, 2024**

Jesus Loves You  
International Convention Center

4F., No.36, Jinghong St.,  
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☞ Prelude	.....	Choir
☞ Invocation	.....	Presider
☞ Praise	.....	Congregation
☞ Responsive Reading	.....	Congregation
☞ Prayer	.....	Presider
☞ Special Music	.....	Choir
☞ Scripture Reading	.....	Presider
☞ Message	.....	Pastor
☞ Responsive Hymn	.....	Presider
☞ Offertory	.....	Pastor
☞ Holy Communion	.....	Pastor
☞ Announcement	.....	Presider
☞ The Lord's Prayer	.....	Congregation
☞ Doxology	.....	Congregation
☞ Benediction	.....	Pastor
☞ Postlude	.....	Congregation

## ☞Prelude

☞**Invocation:** In the name of the Father, Son and the Holy Spirit, we worship together on this Sunday Morning.



For Chinese Pinyin lyrics, please scan:

## ☞ 神真好 永遠好 God Is Good

♪ God is good all the time  
He put His song of praise in this heart of mine

♪ God is good all the time  
Through the darkest night His light will shine

♪ God is good, God is good all the time

## ☞ 神本為大 God is Great

♪ Jehovah is great, He is worthy of praise  
How great is His name His power endures for ever  
We stand fast under the shadow of His wings  
He is the God Almighty That always with us

♪ He is worthy of praise His power is shown on earth  
He is so good to us Shows us His loving kindness  
My Lord is risen high. To give us loving grace  
God is worthy of praise. His name is to be praised  
Jesus is almighty God

## ☞ 坐在寶座上聖潔羔羊

### The Holy Lamb on the Throne

♪ Lamb upon the throne who is holy  
we bow down and worship You  
Who was and is and is to come  
Only You are true almighty God

♪ Lamb upon the throne who is honored  
we bow down and worship You  
Blessing, honor, glory and might,  
All unto to You forever more

♪ The King of Kings, the Lord of Lords  
Adorations and praises to You alone  
The King of Kings, the Lord of Lords  
We exalt Your holy name forever more

## ☞Responsive Reading: **Psalm 106:1-5, 47-48**

1 Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever..

2 Who can proclaim the mighty acts of the Lord or fully declare his praise?

3 Blessed are those who act justly, who always do what is right.

4 Remember me, Lord, when you show favor to your people, come to my aid when you save them,

5 that I may enjoy the prosperity of your chosen ones, that I may share in the joy of your nation and join your inheritance in giving praise.

47 Save us, Lord our God, and gather us from the nations, that we may give thanks to your holy name and glory in your praise.

48 Praise be to the Lord, the God of Israel, from everlasting to everlasting. Let all the people say, "Amen!" Praise the Lord.

## ☞Praise

### ☞ 來擁戴主為王 Crown Him with Many Crowns

♪ Crown Him with many crowns  
The Lamb upon His throne  
Hark! how the heav'nly anthem drowns  
All music but its own  
A-wake my soul and sing  
Of Him who died for thee  
And hail Him as thy matchless King  
Through all eternity

♪ Crown Him the Lord of life  
Who triumphed o'er the grave  
And rose victorious in the strife  
For those He came to save  
His glories now we sing  
Who died and rose on high  
Who died eternal life to bring  
And lives that death may die

♪ Crown Him the Lord of years, The potentate of time  
Creator of the rolling spheres, Ineffably sublime.  
All hail, Redeemer, hail! For Thou has died for me;  
Thy praise and glory shall not fail Throughout eternity.

## ☞Special Music

### ☞ 在我心裡常吟讚美歌

#### In My Heart There Rings A Melody

♪ I have a song that Jesus gave me  
It was sent from heaven above  
There never was a sweeter melody  
This is a melody of love

♪ \*In my heart there rings a melody

There rings a melody with heaven's harmony  
 In my heart there rings a melody  
 There rings a melody of love\*  
 ♪ I love the Christ who died on Calvary  
 For He washed my sins away  
 He put within my heart a melody  
 And I know it's there to stay \*\*  
 ♪ There will be my endless theme in glory  
 With the angels I will sing  
 There will be a song with glorious harmony  
 When the courts of heaven ring \*\*

✎ **Scripture Reading:** Mat.26:43, Luk.21:34, 2Co. 1:8, 1Ti.5:16 (NIV)

Matthew 26:43 Again he came back and found them sleeping, because their eyes were **heavy**.

Luke 21:34 Be careful, or your hearts will be **weighed down** with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

2 Corinthians 1:8 We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were **under great pressure**, far beyond our ability to endure, so that we despaired of life itself.

1 Timothy 5:16 If any woman who is a believer has widows in her family, she should help them and not let the church be **burdened** with them, so that the church can help those widows who are really in need.

**Sermon: The Light Boat Has Passed Through  
 Thousands of Mountains** - Pastor Hsu

Think About "Burden": What Makes Us Feel Heavy and Weak? How Can We Find Relief?

## I. Heavy Burdens

### 1. Sorrow is Heavy; It Leads to Confusion In Matthew 26:43, 41 and Luke 22:45.

Matthew 26:43, 41 When he came back, he again found them sleeping, because their eyes were heavy. **41** "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

Luke 22:45 When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow.

Jesus is about to be arrested and crucified. He goes to the Garden of Gethsemane to pray, but his three disciples are very tired and fall asleep. Their bodies are weak, and they are sleeping because of their sorrow!

Sorrow → Sleepiness → Inability to Pray → Leads to Confusion

### 2. Worldly Burdens Lead to Traps (Luke 21:34)

Luke 21:34 "Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

During the end times, people will be weighed down by overindulgence, drunkenness, and worries. These things can trap people and cause them great stress.

**Overindulgence and Drunkenness:** This means endlessly chasing after our desires. Even when we have something, we always want more.

**Worries about Life:** Focusing too much on everyday concerns and small problems can lead us to forget what is truly important. While we try to meet today's needs, we can lose sight of eternity!

### 3. Suffering is Heavy; It Leads to Despair In 2 Corinthians 1:8; Acts 14:19, 19:29; 1 Corinthians 15:31-32

2 Corinthians 1:8 We do not want you to be uninformed, brothers and sisters,<sup>□</sup> about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

Acts 14:19, 19:29 Then some Jews came from Antioch and Iconium and won the crowd over. They stoned Paul and dragged him outside the city, thinking he was dead.

19:29 Soon the whole city was in an uproar. The people seized Gaius and Aristarchus, Paul's traveling companions from Macedonia, and all of them rushed into the theater together.

1 Corinthians 15:31-32 I face death every day—yes, just as surely as I boast about you in Christ Jesus our Lord.

**32** If I fought wild beasts in Ephesus with no more than human hopes, what have I gained? If the dead are not raised, "Let us eat and drink, for tomorrow we die."<sup>□</sup>

Paul faced extreme suffering while preaching the gospel in Asia. He felt there was no hope of living through it.

In Lystra, he was stoned, and in Ephesus, he faced great chaos. Every day, he put his life at risk and fought against wild animals!

We also face various challenges and sufferings in our lives, which can lead to feelings of despair and discouragement!

#### 4. **Economic Burdens Lead to Chaos In 1 Timothy 5:16**

**1 Timothy 5:16** If any woman who is a believer has widows in her care, she should continue to help them and not let the church be burdened with them, so that the church can help those widows who are really in need.

The church is called to help true widows—those who are older, holy, have a good reputation, and serve God by helping others.

If there is no discernment in how we help, it can create financial pressure, confusion, and complaints. Money can become a heavy burden that affects our lives negatively!

## II. **Finding Relief In ~ Matthew 11:28-30**

**Matthew 11:28-30** “Come to me, all you who are weary and burdened, and I will give you rest.

**29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

**30** For my yoke is easy and my burden is light.”

We are invited to come to the Lord. By taking on His yoke, we find that it is easy, and He will give us rest.

#### 1. **Be Alert and Pray to Overcome Sorrow In Matthew 26:41**

**Matthew 26:41** “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

we learn to replace sorrow with prayer. Whenever we feel sorrowful, that is the time to pray earnestly!

**Be Alert Instead of Sleeping:** Being alert means staying awake and being very aware of what is happening around us.

#### 2. **Stand Before the Lord to Overcome Worldly Concerns In Luke 21:36**

The key to overcoming the burdens of overindulgence and worries is to be careful (stay focused), always be alert, and pray often. We need to stand before the Son of Man!

In everything we do, we should think, "What does the Lord think? What does the Lord say?"

#### 3. **Relying Solely on the Lord to Overcome Suffering In 2 Corinthians 1:9-10**

Great suffering makes us realize that we cannot rely on ourselves; we have nothing to boast about or depend on.

We can only rely on the Lord who raises the dead. Jesus has overcome death and will conquer everything!

We firmly believe that God has saved us in the past, is saving us now, and will continue to save us in the future!

#### 4. **Be Responsible and Love Others to Overcome Economic Burdens In 1 Timothy 5:16**

Every family and individual must take on their own responsibilities!

We should give "real" help to those in need, showing true love for others. It's important to distinguish between what people **need** and what they **want**!

#### **Responsive Hymn**

 有一種喜樂 **There Is a Kind of Joy**

- ♪ There is a kind of joy, deeply hidden in my heart,  
Even when all reasons for happiness seem to depart.
- ♪ There is a kind of peace, deeply hidden in my heart,  
Even when the calm I seek feels too far apart.
- ♪ There is a kind of assurance,  
deeply hidden in my heart,  
Even when the world's lies constantly shift and start.
- ♪ There is a kind of courage,  
deeply hidden in my heart,  
Even when the powers of darkness stand before me,  
stark.
- ♪ Victory isn't by what we see; it's by faith within,  
It's the name of Jesus that overcomes this world of sin.  
The end of the world is near, not far from here,  
A victory is coming—a victory clear.

#### **Announcement**

1. The "Fall and Winter Happiness GOGO" classes will start this week. We ask for all brothers and sisters to pray and support.
2. The annual Thanksgiving Sunday service originally scheduled for October 27 will be postponed. On that day, two celebration services will be held—one at 8:30 AM in the 4th-floor chapel and another at 10:30 AM in the B1 chapel.

3. This week's Bible reading schedule: Isaiah chapters 46 to 48. Please visit the Harmony Church website (<http://www.ctfhc.org>) to watch *Logos Gateway* and *Bible Insights*.
4. A kind reminder: the church is a holy place for worshiping God, and God's children should respect the order of worship:
  - (1) Please do not eat, chew gum, smoke, talk loudly, answer phone calls, put your feet up, or walk around freely during worship. Also, if you are not feeling unwell, please avoid drinking water.
  - (2) No borrowing/lending money, networking, multi-level marketing, investment advice, or any political promotions are allowed.
  - (3) Avoid any inappropriate behavior between men and women or among the same gender, as well as any private matchmaking. Let's fellowship in the light and work together to build God's house.

#### ☞ **The Lord's Prayer**

Our Father in heaven, hallowed by Your name,  
Your kingdom come, Your will be done on earth as it  
is in heaven. Give us today our daily bread.  
Forgive us our debts, as we also have forgiven our  
debtors. And lead us not into temptation, but deliver  
us from the evil one. For Yours is the kingdom and the  
power and the glory forever. Amen.

#### ☞ **Doxology**

Praise God, from Whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost. Amen

#### ☞ **Benediction**

*Today's worship concludes here for now. Brothers  
and sisters, please feel free to communicate with one  
another before dismissing. Emmanuel, may God  
bless you all.*