

**2023 Fall Conference**  
**Southern California Christian Assembly**  
**Theme: Living A Healthy Life**

Dates	9/9Sat. 10:00AM	9/9Sat. 7:00PM	9/10Sun. 10:00AM
Messages (Timothy Liang)	Personal Life	Family Life	Church Life
Song Leader	FisherXiong H205, S253	Zhaowen Yang H206-1, H637	Stephen Chang S261, H699
Love Feast	Lunch 12:00PM	Dinner 5:30PM	Lunch 12:00PM
Usher/Meal Service	Pomona	Culver City	San Gabriel
Location	8141 Hellman Ave., Rosemead, CA 91770 Zoom ID: 668 348 4613; Passcode: 551211		

- Note: 1. There is a pursuit of the Lord meeting from 2 to 4 pm on Saturday afternoon, led by David Smithers and a worship team.
2. A three-church online Breaking of Bread meeting will be held at 7:30 pm on Sunday evening.

“In fact, He is not far from each of us. We live, move and exist in him.” (Acts 17:27-28)

John wished brother Gaius in 3John: “I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” This is also God’s heart for every child of God, to free us from the state of “sub-health” - the spirit is not prosperous, the body is not healthy, and the heart is often depressed and worried. Hope that we can all understand and pursue “healthy living” together, in personal life, family life and church life, enjoy healthy living according to heavenly principles, and live out a testimony that glorifies God and benefits people.

Notes:

1. There is English translation for all three sessions during the Fall Conference. Children’s program is held concurrently.
2. There is quiet time before each session. Please enter the meeting room early to prepare our hearts. Please do not talk casually or do things that easily distract us from focusing on the Lord.
3. Parents can drop off children in the classroom 20 minutes before each session. (Teenagers 15 and older are recommended to attend the adult meetings)
4. Mask wearing is optional; if you have a fever or discomfort, please participate online.
5. Please pray for the co-workers of Testimony of Christ Mission. If you are moved to donate for this special conference or mission work, please make your check payable to Testimony of Christ Mission and put it into the offering box in the chapel.

## 聚會時間表 Meeting Schedule

日期 Date 時間 Time	09/09 週 六 Saturday	09/10 主 日 Lord's Day
9:30 am ~ 10:00 am	會前禱告 Prayer	會前禱告 Prayer
10:00 am ~ 12:00 pm	第一堂信息 Message I	第三堂信息 Message III
12:00 pm ~ 1:30 pm	午 餐 Lunch	
2:00 pm ~ 4:00 pm	追求主聚會 Pursuit of the Lord	7:30 pm ~ 8:30 pm 三區合併擘餅聚會 On-Line Breaking of Bread
4:00 pm ~ 5:30 pm	自由活動 Free Time	
5:30 pm ~ 6:30 pm	晚 餐 Dinner	
6:30 pm ~ 7:00 pm	會前禱告 Prayer	
7:00 pm ~ 9:00 pm	第二堂信息 Message II	



## Message I Healthy Personal Life

“In fact, He is not far from each of us. We live, move and exist in him.” (Acts 17:27-28)

### I. The Health of Our Whole Being and the Healthy Living

#### 1. Our whole being goes well

1Th 5:23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

3Jn 2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

##### (1) Body - made from dust

1Co 6:13 The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

##### (2) Soul – living soul

Isa 61:1 The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,

##### (3) Spirit – the inner person

Eph 3:16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,

#### 2. The new creation in Christ

2Co 5:17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

##### (1) Put off the old man and let go the old self life

Rom 6:6 For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin--

Eph 4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

##### (2) Put on the new man and live out a testimony

Col 3:9 Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.

### II. The Principles of Healthy Living as an Individual

#### 1. Live according to the Bible and Holy Spirit

##### (1) According to the Bible outwardly

Psm 119:105 Your word is a lamp to my feet and a light for my path.

##### (2) According to the Holy Spirit inwardly

Jhn 14:26 But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

## 2. Do all things to the glory of God

1Co 10:23"Everything is permissible"--but not everything is beneficial. "Everything is permissible"--but not everything is constructive.

1Co 6:12"Everything is permissible for me"--but not everything is beneficial. "Everything is permissible for me"--but I will not be mastered by anything.

1Co 10:31So whether you eat or drink or whatever you do, do it all for the glory of God.

## III. The Practice of Healthy Individual Living

### 1. Exercise oneself toward godliness and grow in life

1Ti 4:7Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly.<sup>8</sup>For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

### 2. Abide in Christ as His anointing teaches us

1Jn 2:27As for you, the anointing you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit--just as it has taught you, remain in him.

## IV. The Manifestation of Healthy Individual Living

### 1. Living in peace

Eph 2:13But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.<sup>14</sup>For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility,

(1) Peace with God

(2) Peace with men

(3) Peace with oneself

### 2. A Beautiful Life

(1) Shine our light before others

Mat 5:14"You are the light of the world. A city on a hill cannot be hidden.<sup>16</sup>In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

(2) Bear fruit of life

Jhn 15:8This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

Gal 5:22But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,<sup>23</sup>gentleness and self-control. Against such things there is no law.

## Message II Healthy Family Life

Gen 1:28 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. "

### I. The Healthy Family Life in God's Plan

#### 1. Marriage was appointed by God

Mat 19:4 "Haven't you read," he replied, "that at the beginning the Creator `made them male and female,<sup>5</sup> and said, `For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'?<sup>6</sup> So they are no longer two, but one. Therefore what God has joined together, let man not separate."

Eph 5:32 This is a profound mystery--but I am talking about Christ and the church.

#### 2. The salvation is for the entire household

Heb 11:7 By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family.

Exo 12:3 Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household.

Act 11:14 He will bring you a message through which you and all your household will be saved.

Act 16:31 They replied, "Believe in the Lord Jesus, and you will be saved--you and your household."

#### 3. The life of serving God as a family

Jos 24:14 "Now fear the LORD and serve him with all faithfulness. Throw away the gods your forefathers worshiped beyond the River and in Egypt, and serve the LORD.<sup>15</sup> But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your forefathers served beyond the River, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD."

### II. The Principles of Living a Healthy Family Life

#### 1. The respective roles and responsibilities of husband and wife

1Co 11:3 Now I want you to realize that the head of every man is Christ, and the head of the woman is man, and the head of Christ is God.

Eph 5:22 Wives, submit to your husbands as to the Lord.<sup>23</sup> For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.<sup>24</sup> Now as the church submits to Christ, so also wives should submit to their husbands in everything.<sup>25</sup> Husbands, love your wives, just as Christ loved the church and gave himself up for her

#### 2. The respective roles and responsibilities of parents and children

Psm 127:3 Sons are a heritage from the LORD, children a reward from him.

Pro 22:6 Train a child in the way he should go, and when he is old he will not turn from it.

Eph 6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

1Th 2:6 As apostles of Christ we could have been a burden to you, . . . <sup>7</sup> But we were gentle among you, like a nursing mother taking care of her own children.

Eph 6:1 Children, obey your parents in the Lord, for this is right. 2 "Honor your father and mother"-- which is the first commandment with a promise--

3. Christ is the head of our household and the center of our life

Col 1:18 And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.

Mat 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Num 2:2 "The Israelites are to camp around the Tent of Meeting some distance from it, each man under his standard with the banners of his family."

### III. The Building of a Healthy Family Life

1. A threefold cord—a prayer partner

Ecc 4:9 Two are better than one, because they have a good return for their work: 12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

2. The healing of the cross and the Holy Spirit

(1) The healing of the cross

Col 3:3 For you died, and your life is now hidden with Christ in God.

2Co 5:17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

(2) The healing of the Holy Spirit

Isa 61:3 and provide for those who grieve in Zion-- to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.

1Th 1:6 You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit.

3. Practice and actualize God's principles

Act 20:35 In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.' "

Luk 22:27 For who is greater, the one who is at the table or the one who serves? Is it not the one who is at the table? But I am among you as one who serves.

Luk 6:38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

Gal 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.

Jas 2:8 If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right.

### IV. The Calling for a Healthy Family Life

1. The challenges for a healthy family

- (1) Do non-believers envy your home?
- (2) Are the priorities in your house correct? Is the Lord first?
- (3) Are you willing to let your home be a channel of blessings?

2. Arise and fight for your home

Neh 3:23 Beyond them, Benjamin and Hasshub made repairs in front of their house; and next to them,

Eze 22:30 "I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none.

Neh 4:14 After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, "Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons and your daughters, your wives and your homes."

3. Arise to pray for the next generation in God's house

Jos 24:31 Israel served the LORD throughout the lifetime of Joshua and of the elders who outlived him and who had experienced everything the LORD had done for Israel.

Jos 24:15 As for me and my household, we will serve the LORD."

## Message III Healthy Church Life

Psm 84:1 How lovely is your dwelling place, O LORD Almighty!

### I. The Foundation of Healthy Church Life

Act 26:19 So then, King Agrippa, I was not disobedient to the vision from heaven.

#### 1. The vision of Church

Act 22:6 "About noon as I came near Damascus, suddenly a bright light from heaven flashed around me. 7 I fell to the ground and heard a voice say to me, 'Saul! Saul! Why do you persecute me?' 8 "Who are you, Lord?" I asked. " 'I am Jesus of Nazareth, whom you are persecuting,' he replied.

Eph 1:23 Church is his body, the fullness of him who fills everything in every way.

#### 2. The building of Church

Mat 16:16 Simon Peter answered, "You are the Christ, the Son of the living God." 17 Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by man, but by my Father in heaven. 18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it.

Eph 2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.

#### 3. The life of Church

Eph 2:19 Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household,

Act 2:46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

### II. The Principles of Healthy Church Life

Act 9:15 But the Lord said to Ananias, "Go! This man is my chosen instrument to carry my name before the Gentiles and their kings and before the people of Israel. 16 I will show him how much he must suffer for my name."

Act 22:12 "A man named Ananias came to see me. He was a devout observer of the law and highly respected by all the Jews living there. 13 He stood beside me and said, 'Brother Saul, receive your sight!' And at that very moment I was able to see him.

#### 1. Life in the body of Christ

Jhn 13:34 "A new command I give you: Love one another. As I have loved you, so you must love one another.

Rom 15:7 Accept one another, then, just as Christ accepted you, in order to bring praise to God.

Col 3:13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

2Co 13:11 Finally, brothers, good-bye. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you. 12 Greet one another with a holy kiss.



## 2. Life of in the assembly of believers

Mat 18:20 For where two or three come together in my name, there am I with them."

Heb 10:25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.

Heb 2:12 He says, "I will declare your name to my brothers; in the presence of the congregation I will sing your praises."

## 3. Life of building up one another

(1) Edify one another – the working-in-progress state is not pretty but precious

1Co 12:23 and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty,

1Co 12:27 Now you are the body of Christ, and each one of you is a part of it.

(2) Keep the truth in love

Eph 4:15 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

## III. The Manifestation of Healthy Church Life

### 1. Gladly serve the Lord

Psm. 100:2 Worship the LORD with gladness; come before him with joyful songs.

Exo 19:6 and you shall be to Me a kingdom of priests and a holy nation. These are the words that you shall speak to the sons of Israel.

(1) Everyone is a priest - everyone is a full-time servant.

(2) Everyone prays more - everyone is a vigilant intercessor.

(3) Everyone spreads the Gospel - everyone is a witness and proclaimer.

(4) Everyone should be parents - everyone is a shepherd of the flock.

(5) Everyone is a disciple - everyone is eager to learn.

(6) Everyone does ministry - everyone willingly serves.

(7) Everyone worships - everyone lives before the Lord.

### 2. Team up and use respective gifts to edify and build up one another

1Co 12:14 Now the body is not made up of one part but of many.

1Co 12:21 The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" 22 On the contrary, those parts of the body that seem to be weaker are indispensable, . . . 26 If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. 27 Now you are the body of Christ, and each one of you is a part of it.

1Pe 4:10 Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.

### 3. Being built as a city that is closely compacted together

Psm 122:3 Jerusalem is built like a city that is closely compacted together.

Jhn 13:35 By this all men will know that you are my disciples, if you love one another."

Phl 2:15 so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe