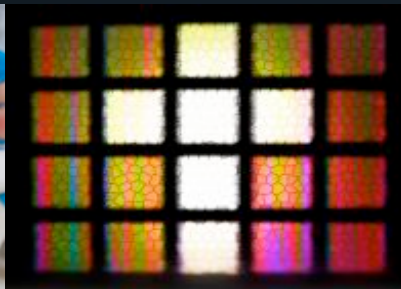




LIFE-GIVING TOOLS (LGT) SERIES 2012

CULTIVATING THE INNER LIFE



'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. For my yoke is easy and my burden light.' (Matthew 11:29-30)

Four Saturday-Retreat-Modules in 2012 • April 21st • June 30th • Aug 11th • Oct 20th • 10 am – 4 pm
EMMANUEL METHODIST CHURCH, PETALING JAYA

AN INVITATION TO ALL – SIGN-UP NOW – EARLY BIRD RATES!

LGT SERIES 2012 SCHEDULE

Sat, April 21st, 2012, 10 am – 4 pm

Session #1: PRAYER & HEARING THE VOICE OF GOD
(Rev Dr Chew Tow Yow & Dr Lilian Koh)

This introduction on contemplative prayer focuses on silence, solitude and scriptural meditation, so that as disciples of Christ, we learn to become more and more familiar with His voice and His invitations to us.

Sat, June 30th, 2012, 10 am – 4 pm

Session #2: LIFE-GIVING PRACTICES TO CREATE NEW HABITS OF HEART
(Dr Voon Choon Khing & Rev Yong Wai Yin)

What is the role of spiritual disciplines in responding to the vices of the heart ie. anger, envy, gluttony, restlessness, etc.? How can these practices be life-giving and open our hearts to the Holy Spirit so that He can do the work of transformation in order to recreate new habits of the heart?

Sat, August 11th, 2012, 10 am – 4 pm

Session #3: DISCERNMENT, KNOWING & DOING THE WILL OF GOD
(Rev Peggy Seow & Mr Cheong Seng Gee)

How do we discern the voice of God in the midst of the many voices in and around us competing for our attention? What is the role in discernment in helping us clarify, listen and obey the 'will of God' in our lives?

Sat, October 20th, 2012, 10 am – 4 pm

Session #4: BECOMING A FRIEND ON THE JOURNEY
(Mr Alvin Ung & Ms Ng Wai Ling)

How do we create space in our hearts for others? How can our friendships & community help us pay closer attention to God's voice, hear His responses to our struggles and discern His will – so that we can see Him more clearly, love Him more deeply and follow Him more closely?

Note: All four (4) sessions are highly interactive and experiential in nature.

REGISTRATION & FEES

CATCH THE EARLY BIRD SPECIAL RATES!!!

Be the FIRST 100 to register for the Complete 20-hour LGT Series of 4 Modules and receive a complimentary LGT Journal!

Before 29th of Feb 2012 – RM 100 per person

Before or on 21st of April 2012 – RM 120 per person

SINGLE-MODULE REGISTRATION

RM30 per module

(All Registered Participants: Session Notes and Lunch Provided)

For more information and online registration, go to the ICM link at **www.trac.org.my**

Venue:

EMMANUEL METHODIST CHURCH PJ (Level 5)

11-5, Jalan PJU 1/39, Dataran Prima, 47301 Petaling Jaya

For directions/map, go to: www.emcpj.com or call 03-7806 5660

Enquiries & Registration:

EMC – Call Nita @ 03-7806 5660 or Ms Yin @ 012-2159196 or email emcpj@streamyx.com

ICM – Call Wai Ling @ 03-7954 2836 or email wailing.ng@trac.org.my

Organized By:

TRAC Institute for Christian Ministry (ICM)

No. 2, Jalan 5/39, 46000 Petaling Jaya