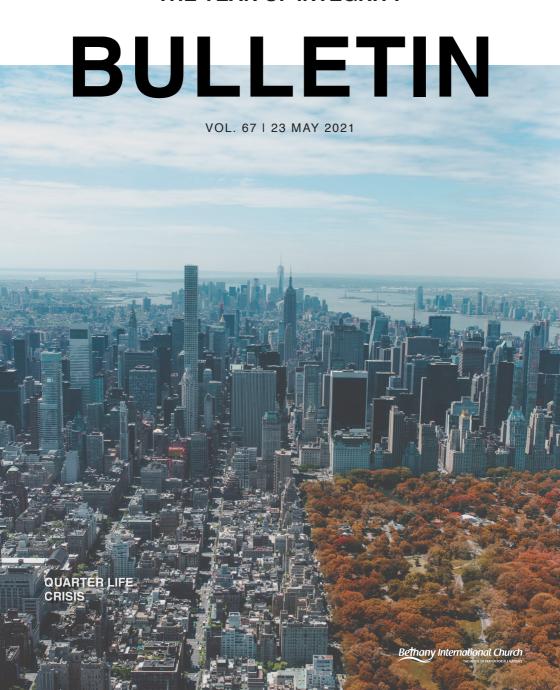
THE YEAR OF INTEGRITY

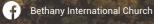


Vision

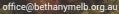
To be a "House of Prayer for all nations" - Isaiah 56:7b

Mission

A praying and witnessing church who have a close personal relationship with The Lord, to change the world for the glory of the Lord.









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+61396999077

FOUNDING PASTOR

Rev Niko Njotoraharjo

SENIOR PASTOR

Ps Djohan Handojo

PASTOR

Ps Daniel Prajogo

Associate Pastor

Ps Unggul Santika Ps Iwan Adinugroho

Prophetic, Praise & Worship Pastor

Ps Hemah Demak Panjaitan Ps Suzana Tahir

Next Generation Pastor

Ps Rudy Nurtanaya

Teaching Pastor

Ps Daniel Hardjosuwito

Mission & Evangelism Pastor

Ps Gideon Gunawan

Pastoral Care

Ps Lily Karto

Office Manager

Ps Suzana Tahir



COOL LIST

MAIN

Canaan - Kezia, Freddie Ephratah — Steven, Henry Berea - Bethesda — Romy Bethlehem — Felix, Fransisca Jordan - Sony, Wilfred Horeb - Ferry, Febria Bethany — Paulus, Erina Bethel - Adel, Patricia Cana — Bobby Philadelphia - Pniel — Dwi, Vero Moriah — Elve, Calista Ephraim — Sonia, Kendrew Ekklesia - Edo, Ica Emmaus — Fabian, Priska Galilee - Kevin Y, Corine Gennesaret — Reinetta, Albert Gilgal - Carmel — Erika, Mike Hebron - Philippi — Yoseph, Rian Zion — Monica, Raymond

Eden — Jennifer

FAMILY

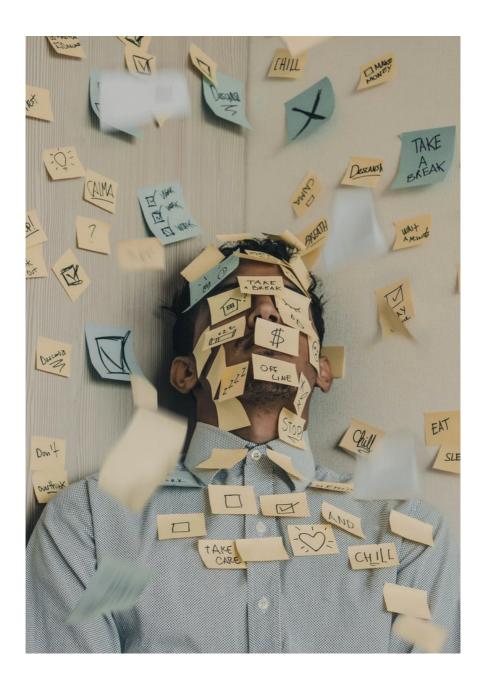
Antioch — Jahja, Gunady
Tiberias — Andre, Albert
Gethsemane — Michael, Rudy
Jerusalem — Hestu
Mt Hermon — Lily, Unggul
Phillipi — Hariyanto, Ivan
Shekinah — Alice
Tabernacle — Sandi
Westal — Michael

180

Macedonia — Eric, Alicia Shiloh — Daniel, Clarissa

NEXT GEN

Judea — Valentina, Sylvio Judah — Aldo, Kezia M. Israel — Catherine, Jerry Jeremiah — Sinta, Kevin W. Heaven — Pauline



Quarter life crisis

By Jennifer Chandra and Linda Pranata

"What should I do with my life?" Is this a question that you've been asking recently? Or maybe years have passed and it seems the answer has not appeared yet. Were you just finishing your education degree or maybe you are stuck in your current routine bored to the core or maybe your hectic schedule makes you feel like a living zombie trapped in a vicious cycle that doesn't give you any enjoyment? Do you feel that you lost your motivation, purpose and direction? Maybe you are in a quarter life crisis.

In popular terms, the quarter life crisis is a period of uncertainty and questioning that typically occurs when people feel trapped and uninspired during their 20s and 30s. You might have an anxiety over direction and purpose of life. You might not be satisfied with the current quality of your life in terms of career and/or romantic relationship. You are

uncertain whether what you're doing now is good enough. All of these circumstances lead to sadness, lack of energy and many other negative emotions.

The Quarter-Life Crisis is neither unique or new. It can happen to anyone and you are not alone. Because I am in the midst of it too. If you wonder whether a quarter life crisis is a sin or not: the answer is not. However, our response to this crisis will determine whether we are falling into sin or not. For example, if the causes of our crisis is a comparison then we decide to be resentful, angry and envious. Truly I tell you, you have fallen into sin. We need Jesus and His words to navigate our life and have the correct response during this crisis season.

Reality bites

Researchers agree that the quarter

life crisis is experienced more these days by the millennial generation. The easy access to global information creates a new demand. Nowadays people want to travel more, want to meet certain people, want to experience something new because the doors of options and opportunities are wide open. All of these choices overwhelm us. We can feel unable to make decisions, because there are so many paths to choose from, and we're not even sure where we are aiming. We are constantly hearing the encouragement from the media to pursue our idealist side. However, sometimes there is a gap between aspiration and reality. We can be inspired by Rose, an Australian teenager from Boxhill who made her success debut as K-Pop global superstar of Blackpink. But we overlooked the competition on how many thousands of people who don't succeed in the entertainment industry and only a tiny little percentage of people who can make it. Reality bites when the job which related to our

passion didn't pay the bill.

We need to examine our expectations and hearts. Is it a realistic or mere delusional mirage created by our surroundings? Learn more about our ability and talent. If you know what you are good at and you are passionate in that area, there is a sign that you can be successful. But it doesn't necessarily have to become our occupation. We can use it in a ministry or other avenue. On top of that, we also need to weigh which value is more important to us. Is following our passion really essential or do we prefer income sufficiency in our career path? We struggle to figure that out because we don't know what will fulfill us.

I am not trying to crush all of your dreams. But simply inviting all of us to think, observe our self or even test your heart until you come to a clarity. Upgrade your skill if necessary. Gather the courage to take a leap of faith if that is what you need to do.

Social Media

I wanna be a billionaire so freakin' bad
Buy all of the things I never had
Uh, I wanna be on the cover of
Forbes magazine
Smiling next to Oprah and the Queen

When Bruno Mars sang these lines all the media surrounding us selling the Hollywood dream; somehow we are shaping our expectations similar to society. We are trying to be famous, to be on trend and seeking approval with how many likes, hearts or thumbsup we get. Moreover, from social media you'll find someone you went to high school with has opened a new business venture or your best friend just got a romantic proposal or some strangers just having a crazy adventurous life. You also can be FOMO (Fear of Missing Out) when you might find yourself alone but all of your friends went to an awesome social gathering.



One of the biggest contributors to stress in young people is social media. We have to admit that sometimes social media is used just for killing the time. Most of the time it becomes a place for comparison which leads us to pride of superiority or shame of inferiority. In addition, we see many 'greener fields' out there and feel who you are or what you have is not enough. Sometimes we overlook the behind the scene hard work that people have done to achieve their success. On the other hand, people carefully curate a life around this perceived sense of perfection and we are fooled by a façade of a fake life. Too easy for envy and discontentment filled our heart. There's no doubt that social media is not for everyone. Therefore. if it causes you to slip into jealousy, you should consider dropping it.

Journey of Joseph

Genesis 37-50; Psalm 37:3-8

Timeline

- Joseph received a dream to be great and better than his brothers
- Joseph was betrayed by his brothers and sold as a slave to Egyptians
- Joseph found favor in Potiphar's house and he was in charge of his household
- Joseph was brought to prison because of false accusation
- Joseph entrusted to take care of the prison management
- Joseph was forgotten by Pharaoh's cupbearer for two years
- Joseph interpreted Pharaoh's dream and later became Egypt leader like the vision he saw

When young Joseph was given an amazing purpose at the tender age of seventeen, he was so full of life. In our early 20s we felt the world is full of wonder and cannot wait to start a spectacular journey ahead. We are confident that we can make impactful

contributions and reach our ultimate dream. However, when challenges and clouds of doubt start to come, you wonder whether you are on the right path or not. At times, you just don't understand what to do and why life felt like a wild roller coaster ride.

In this quarter life crisis season, let us turn our eyes to our Lord Jesus. Seek His truth and let the word of God set us free from all the burden of a perfect future created by our corrupted heart. Trust God that He is able to fulfill His promises like what He did in Joseph's life. Not just for Joseph as an individual but Israelites and eventually the plan for future salvation. Be faithful and keep doing good in what you are doing at the moment. Whatever you have been entrusted, it can be resources, talents or opportunities: multiply it. Choose joy over anger. Do not fret when people succeed in their ways. The success that you have at the moment is exactly where God wants

you to be. **Take delight in the Lord** because He is the true reward and we will be satisfied only and if only in Him.

Psalm 37

- ³ Trust in the Lord and do good; dwell in the land and enjoy safe pasture.
- ⁴ Take delight in the Lord, and he will give you the desires of your heart.
- ⁵ Commit your way to the Lord; trust in him and he will do this:
- ⁶ He will make your righteous reward shine like the dawn,

your vindication like the noonday sun.

⁷ Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways.

when they carry out their wicked schemes.

⁸ Refrain from anger and turn from wrath:

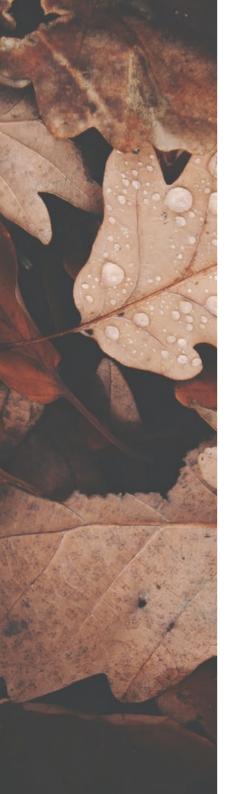
do not fret—it leads only to evil.



Epilogue

The night shall pass and the dawn will come. As God faithfully raises the sun, His promises are yes and amen in Jesus. Practically, please sleep well; eat a balanced diet and do not forget to exercise regularly. Research has proven that cortisol (stress hormone) will decrease if we maintain a healthy lifestyle.

Community like a cell group is a perfect place to share your burden. We are surrounded with supportive brothers and sisters who willingly want to help and share the burden with. We can find a mentor who can give some advice or just hear their life experience which might inspire us to get solutions to our problems. We are one body of Christ and should help one another in times of needs.



MINISTRY LIST

Vocal — Jessica Sutiono

Musician — Raynaldo Ali

Multimedia — Budi Sendjaja

Lighting — Budi Sendjaja

Sound — Steven Santika

Usher — Elbert Pranoto

Translator — Elbert Pranoto

Caring — Felix Hariyadi

Dancer — Priska Sunaryo

Drama — Jennifer Chandra

Sunday School — Reinetta Tanujaya

Hospitality - Tasmin Ifah

Intercessor — Monica Haryanto

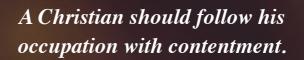
Mission — Felix Chietra

Media Art — Sonia Pranatha

Community Kitchen — Yolanda Tjong

Cultivated Podcast — Ravello Satria

Youth — Rio Susanto



Contentment is no little part of your homage to that God who hath placed you where you are

COTTON MATHER

