

VANCOUVER SUMMER RETREAT – DAY 1

Date: August 17, 2026 (Monday) **Speaker:** Wilson Cheng

Topic: Pray and Ask Our Heavenly Father

Theme: Pray and ask our Heavenly Father to show us where we fall short and where we need Him. By faith, we boldly bring our requests to Him, trusting that He will give us the grace and strength to obey His will.

1. Take an Honest Look at Ourselves

- **“What do you want me to do for you?” Jesus asked.** “My Rabbi,” the blind man said, “I want to see!” And Jesus said to him, “Go, for your faith has healed you.” Instantly the man could see, and he followed Jesus down the road. (Mark 10:51-52)
- **Key Message:**
Let us see our true needs and at the same time, learn to rely on God more deeply.
- **Discussion Questions:**
 - What burden or need would you like to entrust to God right now?
 - Are you making room for a deeper relationship with God? What does 'making room' look like practically in your life right now?
 - Do you ever hesitate in presenting requests to God? If so, why? (For example, 'It's too small', or 'It seems impossible'.)

2. Be Mindful of Our Motives or Desires

- So, don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear? These things dominate the thoughts of unbelievers, but your Heavenly Father already knows all your needs. **Seek the Kingdom of God above all else, and live righteously**, and He will give you everything you need. (Matthew 6:31-33)
- You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. **You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives**, that you may spend what you get on your pleasures. (James 4:2-3)
- **Key Message:**
Let God renew our hearts so that we may come before Him with a sincere and humble attitude.

- **Discussion Questions:**

- How can we broaden our prayers beyond our physical and material needs?
- Can you share a time when God changed your heart's desire through a prayer that seemed unanswered? Can you see God's loving purpose in unanswered prayers?
- Is there one specific area in your life — a relationship, a habit, a priority, or a decision — where God might be asking you to seek His Kingdom first instead of your own way?

3. Keep Our Eyes on God's Promises as We Pray

- **For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.** You fathers — if your children ask for a fish, do you give them a snake instead? Or if they ask for an egg, do you give them a scorpion? Of course not! So, if you sinful people know how to give good gifts to your children, **how much more will your Heavenly Father give the Holy Spirit to those who ask Him.** (Luke 11:10-13)
- Please read these Bible verses: Matthew 18:19-20 & Acts 2:37-38
- **Key Message:**
Strengthen our faith and inspire us to ask, seek, and receive God's grace by faith.
- **Discussion Questions:**
 - When you think about prayers that God has answered in your life, what do you see as the key to receiving answers — and why is that meaningful to you personally?
 - Which of God's promises most encourages you to come before Him boldly?
 - Now is the time to step out in faith and seek God together. What will you bring to God in prayer as you take this next step of faith?

Closing Statement:

Let our hearts burn with a deeper desire to draw nearer to God. Let us exercise even greater faith by coming boldly before our Heavenly Father, seeking a deeper understanding of His will and trusting Him to answer according to His perfect will and timing.

VANCOUVER SUMMER RETREAT – DAY 2

Date: August 18, 2026

Speakers: Moses Lo, Desmond Leung

Topic: Follow Jesus and Leave the World Behind

1. The Call: What Does It Mean to Truly Follow Jesus?

Bible Reference:

“... I came that they may have life and have it abundantly” John 10:10b (ESV)

“Then Jesus, looking at him, loved him, and said to him, “One thing you lack: Go your way, sell whatever you have and give to the poor, and you will have treasure in heaven; and come, take up the cross, and follow Me.” Mark 10:21 (NKJV)

Key Message:

- Jesus calls us to follow Him so that we can have an abundant life, one that fulfils the purposes that God has in store for us.
- Jesus knows what our spiritual lives are lacking: living an outwardly good (by worldly standards) or even a “Christian-like” life (keeping man-made rules / traditions; following the letter but not the spirit of the Law) is inadequate. (See Matthew 5:17-20; 15:1-9).
- God wants our hearts to be close to Him. Let’s kneel before Him, search within ourselves for what we are lacking in God’s eyes, and be transformed from within.

Discussion Questions:

- Have you experienced the abundant life Jesus promises? What does that look like to you?
- As you examine your spiritual journey, are you truly following Jesus, or are you simply practicing a religion? What is the difference to you?

2. The Cost: Willing to Let Go and Take Up Our Cross

Bible Reference:

“... If anyone would come after me, let him deny himself and take up his cross daily and follow me.” Luke 9:23 (ESV)

“But Jesus said to him, “No one, having put his hand to the plow, and looking back, is fit for the kingdom of God.” Luke 9:62 (NKJV)

Key Message:

- The cost of following Jesus involves denying ourselves of “treasures” that stand in the way of following Jesus, such as relationships, autonomy, pleasures, old mindsets, understanding, etc.
- Changes might seem impossible at first, but nothing is impossible with God. Let us approach God’s throne of grace with confidence (Hebrews 4:16).
- In our daily endeavours, there could be distractions, and we need to realign right away. For example, Jesus realigns Peter to focus on following Him (John 21:19).

Discussion Questions:

- What is/ are the thing(s) God might be asking you to leave behind or sacrifice so that you can follow Him more wholeheartedly?
- Share a time when God prompted you to make a change that seemed impossible, but He gave you the strength to overcome it.

3. The Treasures: What We Receive in This Life and Beyond**Bible Reference:**

"... Receive manifold more in this present time, and in the world to come life everlasting."

Luke 18:30 (KJV)

"If in Christ we have hope in this life only, we are of all people most to be pitied."

1 Corinthians 15:19 (ESV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7 (NIV)

"... Always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect" 1 Peter 3:15b (ESV)

Key Message:

- There are blessings in this world and the age to come by following Jesus. Such blessings are not just limited to physical matters, but, more importantly, spiritual blessings such as, God's guidance in times of troubles, joy in times of sadness, and peace that transcends all understanding.
- At times, blessings can be in disguise. Difficult seasons bring about valuable lessons that build and equip us to become mature Christians for the new challenges ahead.

Discussion Questions:

- How do we measure what it means to be "blessed"?

Suggested Action Step:

- Let's put our hope into words. In two minutes, record a short testimony (alone or with a friend) about one treasure – a gift from God – you have received by following Jesus in this life.

Conclusion: Following Jesus comes at a cost. However, compared to the treasures God has prepared for us, these costs are really insignificant. Let us fix our eyes on Jesus, with patience, and run the course that God has set in front of us.

VANCOUVER SUMMER RETREAT – DAY 3

Date: August 19, 2026 (Wednesday) **Speakers:** Candice Wong and Esther Fong

Topic: Walking in Truth and Love

Theme: Not just believing in the right things — but becoming the right kind of person and taking the right kind of steps.

1. **ROOTED IN CHRIST — Deep, Steady, Growing**

"Let your roots grow down into Him, and let your lives be built on Him. Then your faith will grow strong..." (Colossians 2:7a)

Key Message:

- Roots anchor you. Steps mature you.
- Jesus trains us through small, repeated steps.
- Walking with Him, not for Him.
- Walking keeps you from stagnating.

Exercises/Discussion Questions:

- **Daily habit** — What is the one small daily habit that you can commit to that will strengthen your spiritual roots and bring greater stability to your faith journey?
- **Stability check** — What can you do to bring stability to your faith journey?
- **Walking with Jesus** — In what area of your life is Jesus inviting you to stop striving on your own and start walking with Him? What would that look like practically?

2. **LOVE IN TRUTH — The Foundation**

"May your love abound more and more in knowledge and all discernment." — Philippians 1:9–10

Key Message:

- Love shaped by God's Truth
- Truth expressed with God's love
- Discernment that chooses what is excellent

Exercises/Discussion Questions:

- **Expressing love in Truth** — In what practical ways do you express love to others, and how do you balance truth and grace in your relationships? What makes this challenging?
- **Relationship with God** — How has your relationship with God shaped the way you love yourself and others?

3. FOCUS ON GOD — Heart, Belief, Lifestyle

"Above all else, guard your heart, for everything you do flows from it."

Proverbs 4:23 NIV

Key Message:

- Let God correct wrong beliefs
- Let the Holy Spirit expose deviation or confusion
- Practise bringing your lifestyle back into alignment with the truth

Exercises/Discussion Questions:

- **Wrong beliefs** — Share a personal experience when God taught you through a wrong belief.
- **Holy Spirit prompting** — When you drifted away, did you sense the Holy Spirit pulling you back?
- **Approaching the Spirit** — When you sense that you have drifted away from God, how do you return to Him and intentionally realign your life with the Holy Spirit and His truth each day?

4. WITNESSING WITH GRATITUDE — Shining with Light

"...and you will overflow with thankfulness." (Colossians 2:7b)

"...let your light shine before others, that they may see your good deeds and glorify your Father in heaven." (Matthew 5:16)

Key Message:

- Walking with Jesus is not only about what happens in you — but what flows out of you.
- Walking with Jesus brings: clarity instead of confusion; peace and purpose instead of emptiness; direction instead of wandering.
- Witnessing is not a performance — it is a lifestyle.

Exercises/Discussion Questions:

- **Gratitude practice** — Write down something you're thankful for today, even something small. Share this gratitude with someone in the group (2–3 people, small group format).
- **Recognizing others' spiritual needs** — Do you recognize the spiritual needs of the people around you (your family, friends, neighbours, or colleagues)? Is there one person God is placing on your heart, and what is one practical step you can take this week to reach out to them?

Our Declaration of Action:

"In the journey of faith, to stand still is to drift back."

Let the Gospel stir our hearts,

let the Spirit ignite our routines,

and let empathy drive our steps into action.

We have the Good News — now let's move from heart to feet and walk it out!