

ROCK

Representative of Christ's Kingdom

SYDNEY

WE HELP YOU TO FULFILL YOUR DESTINY



ROCK Sydney Church Services

Friday service: Kingdom Gathering 19.00

Saturday service: Menara Doa 10.00

Location: ROCK Sydney Center

1 / 83-85 Whiting Street, Artarmon, NSW, Australia

Sunday services:

General: 8.30, 11.00; Children: 11.00; Teenager: 11.00; Youth: 17.00

Location: University Hall - University of Technology Sydney (UTS)

Harris Street, Sydney, NSW, Australia.

ROCK Darwin

7 Bittern Street, Wulagi, NT, Australia

Phone: 0418 633 720 e-mail: darwinrockchurch@internode.on.net

By Ps. Lydia Yusuf

Penguasaan Diri

“... orang yang menguasai dirinya, melebihi orang yang merebut kota” **Amsal 16:32b.**

Penguasaan diri juga merupakan buah Roh - **Galatia 5: 22 - 23.**

“Barangsiapa menjadi milik Kristus Yesus, ia telah menyalibkan daging dengan segala hawa nafsu dan keinginannya”. **Galatia 5:24.**

Buah Roh penguasaan diri adalah bukti kemurahan hati Allah bagi anak-anakNya; pemberian Allah ini ditujukan kepada orang-orang yang dilanda perasaan bersalah dan kecewa karena tidak mampu melakukan kehendak Bapa. Allah tidak mungkin menuntut kita, anak-anakNya, untuk melakukan sesuatu yang mustahil. Ia juga tidak mengharapkan kita mengalahkan kedaggingan kita dengan kekuatan fisik kita; sebaliknya **Allah telah menyediakan** benih-benih kekuatan dan penguasaan diri yang bersifat adikondrat. Yang perlu kita lakukan adalah **menerima Kuasa Roh Kudus, menumbuhkan dan mempraktekkannya** dalam kehidupan.

“Tetapi kamu akan menerima kuasa, kalau Roh Kudus turun ke atas kamu dan kamu akan menjadi **saksiKu** di Yerusalem dan di seluruh Yudea dan Samaria dan sampai ke ujung bumi.” **Kisah Rasul 1:8.**

25“Tiap-tiap orang yang turut mengambil bagian dalam pertandingan, **menguasai dirinya dalam segala hal**. Mereka berbuat demikian untuk memperoleh suatu mahkota yang fana tetapi kita untuk memperoleh suatu mahkota yang abadi.” 27“Tetapi aku **melatih tubuhku dan menguasainya seluruhnya** supaya sesudah memberitakan Injil kepada orang lain, jangan aku sendiri ditolak.” **1 Korintus 9:25, 27.**

Banyak orang memulai perlombaan sebagai yang terdepan tetapi berakhir sebagai nomor kesekian. Tidak peduli bagaimana anda memulai atau seberapa sengitnya sebuah pertandingan tetapi mahkota atau medali ditentukan oleh bagaimana hasil akhir sebuah pertandingan. Tujuan kita adalah mengakhiri pertandingan iman dengan baik. Untuk itu ada hal-hal yang perlu kita perhatikan saat memulai dan menjalani pertandingan hidup ini.

John Stephen Akhwari, pelari maraton asal Tanzania terkenal

Penguasaan diri adalah kualitas yang diberikan Roh, yang memampukan kita untuk “menguasai diri dalam segala hal”.

bukan karena memenangkan pertandingan tetapi karena tercatat sebagai pelari paling akhir yang memasuki stadion Mexico



City, 20 Oktober 1968. Para penonton yang masih tinggal memberikan tepuk tangan dan sorak sorak kepada John yang terjatuh sejak kilometer awal sehingga mengalami luka cukup parah pada lututnya. Setelah dirawat lukanya, John dengan terpincang-pincang meneruskan pertandingan lari maraton yang masih tersisa lebih dari 40 km.

Secara teknis bisa saja John berhenti tetapi ia tetap berdiri dan menyelesaikan sampai garis akhir. Seorang wartawan bergegas menjumpai John setelah usai pertandingan dan bertanya: ‘John mengapa engkau terus berlari? Bukankah engkau sudah tertinggal jauh dan tidak mungkin menjadi juara?’ John menjawab, ‘negaraku mengirim aku bukan hanya untuk mengawali pertandingan tetapi untuk menyelesaikannya!!!’

Perjalanan hidup kita mengikuti Tuhan adalah perjalanan hidup yang panjang dan penuh perjuangan. Hal ini diumpamakan seperti kita mengikuti pertandingan maraton; tanpa penguasaan diri, keteguhan dan semangat, kita akan cenderung berhenti dan gagal, sebelum mencapai garis akhir.

“Aku telah mengakhiri pertandingan yang baik, aku telah mencapai garis akhir dan aku telah memelihara iman”.

Berlanjut ke halaman 3 ...

... lanjutan dari halaman 2

2 Timotius 4:7

Beberapa contoh orang-orang yang dipilih dan diu-rapi Tuhan secara luar biasa tetapi karena tidak bisa menguasai dirinya, hidupnya berakhir dengan sia-sia. Saul, awalnya dipilih dan diu-rapi sebagai raja pertama bangsa Israel. Ia memulai sebagai raja yang bijaksana dan taat akan Allah tetapi dalam perjalannya karena tidak melatih penguasaan diri, maka dia banyak melakukan ketidakaatan sehingga hidupnya berakhir dengan tragis, mati tertancap pedangnya sendiri.

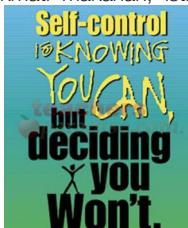
Kedudukan dan keberhasilan seringkali membuat seseorang lupa diri. Seseorang yang pada awalnya rendah hati dan bergantung sepenuhnya kepada Tuhan, bisa berubah setelah mendapatkan kedudukan. Dia berubah menjadi orang yang mengandalkan dirinya sendiri atau mengandalkan talenta yang Tuhan berikan kepadanya.

Motivasi melayani Tuhan yang awalnya murni, bisa berubah tanpa disadari menjadi mencari keuntungan bagi diri sendiri. Hanya dengan kemauan untuk menguasai diri sehingga bisa menyalibkan keinginan daging (berkorban) dan menjaga kemurnian hati untuk tidak mementingkan diri sendiri, yang membuat kita sanggup menjalani dan mengakhiri pertandingan ‘maraton’ dengan baik.

Simson, sejak dalam kandungan sudah mendapat nubuat besar; bertumbuh menjadi

pemuda yang perkasa. Singa dicabik-cabik seperti merobek kertas. Tetapi dalam perjalannya, dia tidak melatih penguasaan diri, sehingga selalu mengikuti keinginan daging nafsu mudanya. Akhir hidupnya pun sia-sia: kepalanya digunduli, matanya dicungkil dan dijadikan pelawak di depan raja-raja bangsa Filistin.

Sikap berlebihan dalam hal menikmati makanan, istirahat,



bekerja, rekreasi, pelayanan dan hal-hal baik lainnya, dapat kita ubah hanya dengan penguasaan diri.

Penguasaan diri menuntut latihan, kedisiplinan dan kesabaran dengan mata yang tertuju kepada Tuhan Yesus, teladan yang sempurna bagi kita.

“Tetapi **kuasailah dirimu dalam segala hal**, sabarlah menderita, lakukanlah pekerjaan pemberita Injil dan tunaikanlah tugas pelayanamu!”

2 Timotius 4:5.



“Penguasaan Diri” tidak pernah menjadi sesuatu yang mudah untuk dilakukan, namun hasilnya akan sangat bermanfaat, bahkan untuk jangka waktu yang lama.

Contoh yang paling mudah ialah menahan napsu makan di musim dingin (**ROCK Easy Digest**). Napsu makan hanyalah aplikasi sederhana dalam menguasai diri, ada banyak hal yang perlu kita telaah lebih dalam dan sungguh-sungguh lakukan agar kita dapat menjadi pengikut Kristus yang berhasil setia sampai akhir hayat.

Dikala kita merasa mustahil untuk menguasai diri, ingatlah bahwa Tuhan telah memberikan kita kekuatan untuk mengalahkan keinginan daging (**ROCK Revelation**). Selain itu, saat kita diperlengkapi dengan pengertian yang lebih dalam melalui pembacaan **ROCK Interactive, Family, KM, dan Campus & Career Life**, maka mempraktekkannya akan lebih mudah.

Mari kita bersama-sama katakan ‘Saya mampu menguasai diri karena Tuhan yang memberi kekuatan!’ Semakin kita intim dengan Tuhan, semakin kita mampu untuk berkata tidak kepada apa yang tidak la kehendaki.

Anda dan saya pasti bisa!

Editor

By Yosia Yusuf



I Quit Making Excuses

"I can do all things through Him who gives me strength" – **Philippians 4:13**

Everyone have areas where we want to improve and be different. But as soon as we decide to be different, we have lots and lots of excuses to stay the same. We all have excuses not to follow our resolution. Statistic shows that by the end of January, 40% of New Year's resolutions are already gone and by mid of February, 75% has already given up on their resolution.

The problem is when we have a good idea on how to improve ourselves; we rely on our own strength and our own resolve which will doom to fail at some point. The core of the problem is that we have 'good intention' rather than 'God's intention.' Good intention centred around ourselves (me, me and me) and God's intention centred around God's will for our life. And with God's intention come the strength and the power to do it.

Two questions we need to ourselves:

1. What is it that God wants to be different in our life?

It might be the same thing that we want to be different in our life but if we attribute the God's

factor in it, it will change the way we approach it. It will no longer about us and what we want, but the focus is shift to what God wants.

2. Why does God want it to be different in our life?

When we connect the 'spiritual why' and 'spiritual what,' there is a supernatural power to accomplish it. The spiritual why has to be rooted in Godly reason and for His glory alone. To know Godly reason, we need to read the Bible. Spiritual why + spiritual what = spiritual empowerment.

**NO EXCUSES,
JUST DO IT**



If it is what God wants, based on God's reason, it will be accomplished by God's strength. What we want is no longer self-centred but God-centred, and nothing can stop God from accomplishing His perfect will. We can now quit making excuses.

When God asks us to accomplish something, it will be beyond us as it is God's purpose and not ours. So God receives all the glory at the end. No earthly excuses are acceptable. When we do what we can, God will do what we cannot do. All we need to is to quit making excuses. God is so big beyond anything we can ever imagine. Let's not limit Him with our excuses and limitation.



By Ferdinand Haratua

Applying Self-control in Daily Life

I drink a lot of coffee (or energy drinks), is it okay?

The apostle Paul says, "All things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be enslaved by anything." (1 Cor 6:12)

There are two things we must indentify, first the addictive nature of our action, and second, the destructive nature of it.

On addiction, the Bible says that we should not be enslaved by anything. This includes addiction to caffeine, alcohol, sex, drugs or gambling. So, if drinking coffee is an addiction to you, which means that you cannot live without it, then it is not okay.

On the destructive nature of drinking coffee, let me start by saying that I am not claiming to know everything or have read scientific research and findings on this matter extensively. From what I know, some researchers have said that a cup (or two) of coffee a day is not "destructive", people who drink only a cup of coffee a day could easily stop drinking without any problem, which is without any withdrawal symptoms.

In regards to drinking coffee, we then could ask ourselves that if we want to stop drinking coffee, could we stop it immediately? If the answer is no, then we may have an addiction to caffeine.

I love shopping (or eating, watching movies, playing games), is it okay?

The problem here is not with shopping, eating, watching movies or playing games itself, but in the love of doing it. When we love doing something, it means that whatever we are doing gives us satisfaction from it. We need to understand that the perishable things can never satisfy human beings, not permanently. Our satisfaction comes

from the Lord. The Bible says that as believers we must all exercise self-control.

Self-control is not an easy task, Jesus says in Matthew 5:29, "If your right eye causes you to sin, tear it out and throw it away."

The apostle Paul says that we must exercise self-control like an athlete: "Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified." (1 Cor 9:25-27)

Self-control is a gift; it's the fruit of the Holy Spirit (Galatians 5:23). If any of us lack self-control, we should ask God for it: "for God gave us a spirit not of fear but of power and love and self-control." (2 Tim 1:7) To every believer, self-control is more than just saying "NO" to things. Even without God, the world says "NO" to many things everyday. When Christians exercise self-control, we do so in faith and by the power of Jesus Christ, for this kind of self-control gives glory to God.



By Firman Rianto

ANTHEM: Strategies for Fighting Lust

I am a guy. My need for warfare against the bombardment of visual temptation to fixate on sexual images is urgent. For women it is less obvious, but just as great. “Lust” means the realm of thought, imagination and desire that leads to sexual misconduct. Here is one set of strategies in the war against wrong desires in the form of an acronym, **A N T H E M**.

A - AVOID as much as is possible and reasonable the sights and situations that arouse unfitting desire. “Flee youthful passions and pursue righteousness” (2 Timothy 2:22). “Make no provision for the flesh, to gratify its desires” (Romans 13:14).

N - Say NO with the authority of Jesus Christ to every lustful thought within five seconds. Give it more unopposed time than that, and it will lodge itself with such force as to be almost immovable. Be tough and warlike. “Resist the devil, and he will flee from you” (James 4:7).

T - TURN the mind forcefully toward Christ as a superior satisfaction. Saying “no” will not suffice. You must move from defense to offense. Attack the promises of sin with the promises of Christ. The Bible calls lusts “deceitful desires” (Ephesians 4:22). Deceit is defeated by truth. We must stock our minds with the superior promises and pleasures of Jesus. Then we must turn to them immediately after saying, “NO!”

H - HOLD the promise and the pleasure of Christ firmly in your mind until it pushes the other images out. “Fix your eyes on Jesus” (Hebrews 3:1). Do not give in too soon. Hold the promise of Christ before your eyes. Hold it. Hold it! Don’t let it go! Keep holding it! How long? As long as it takes. Fight! For Christ’s sake, fight till you win!

E – ENJOY a superior satisfaction. One reason lust reigns in so many is that Christ has so little appeal. What steps have you taken to waken affection for Jesus? You were created to treasure Christ with all your heart – more than you treasure sex or sugar. Plead with God for the satisfaction you don’t have: “Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days” (Psalm 90:14).

A - Avoid
N - say No
T - Turn
H - Hold
E - Enjoy
M - Move

M – MOVE into a useful activity away from idleness and other vulnerable behaviors. “Do not be slothful in zeal, be fervent in spirit, serve the Lord” (Romans 12:11). “Be steadfast, immovable, always abounding in the work of the Lord” (1 Corinthians 15:58). Get up and do something. Vacuum a room. Mow the lawn. You were made to manage and create. Christ died to make you “zealous for good deeds” (Titus 2:14). Displace deceitful lusts with a passion for good deeds.

*Adaptation from article by John Piper with the same title.
Website: desiringGod.org*



By Deborah Sherlly Yusuf

To Eat Or Not To Eat

Musim dingin identik dengan nafsu makan yang bertambah. Baik pria, maupun wanita tidak lepas dari perut "keroncongan" yang bisa menyerang kapan saja. Saya contohnya, saya biasanya makan buah untuk sarapan, tapi karena dingin buah saja tidak cukup. Saya sekarang harus menambah *toast* atau *crackers* dan keju, plus secangkir kopi. Tidak berhenti sampai disitu saja, porsi makan siang pun juga bertambah. Apalagi malam, ketika cuaca menjadi lebih dingin kalau bisa tidak ingin berhenti mengunyah rasanya. Tentunya nafsu makan yang bertambah mempunyai konsekuensi. Ahh, alangkah bahagianya andaikan saya termasuk salah satu orang yang bisa makan sebanyak-banyaknya tanpa memusingkan berat badan.

Saya sangat bersyukur karena Tuhan kita adalah Tuhan yang sangat mengerti dan peduli akan setiap aspek kehidupan kita. Rasa lapar yang berlebihan pun tidak lepas dari perhatiannya. Amsal 25:16 berkata "*Kalau engkau mendapat madu, makanlah secukupnya...*" Perhatikan kata **secukupnya** - tidak terlalu sedikit sehingga kita menderita anorexia, bukan juga terlalu banyak sehingga kita menderita obesitas.

Memang penelitian membuktikan jika cuaca dingin, maka suhu tubuh kita juga menurun dan menyebabkan timbulnya gairah makan makanan yang menghangatkan dan cenderung berkalsori tinggi. Tapi bukan berarti kita harus menuruti setiap keinginan tubuh kita bukan? Percayakah saudara bahwa tubuh kita dikendalikan oleh

pikiran kita sendiri? Dan seringnya pikiran kita di-manipulasi oleh apa yang kita lihat, yang kita dengar, dan yang kita cium. Contohnya, saya sedang duduk menonton televisi jam 9 malam ketika iklan KFC muncul. Ayam goreng garing yang berwarna coklat keemasan, Kentang goreng yang disertai dengan uap yang menandakan kentang itu masih hangat. Otak saya secara otomatis langsung ber-kata "mauuuu..." Tapi apakah harus diikuti? Ingatlah, tubuh kita adalah bait Allah yang harus kita jaga dengan sebaik-baiknya.

Tuhan menciptakan kita dengan lima pancha in-dra dan di kasus ini di-mana mata saya meng-inginkan KFC jam 9 malam, saya belajar untuk mengendalikannya dengan menggunakan indra penciuman. De-negar segera saya akan menyeduh secangkir *camomile tea*. Ketika wangi *camomile* sam-pai di hidung saya, saat itu juga keinginan saya untuk menyantap KFC hilang. Indra penciuman saya mengalahkan ke-inginan mata yang jika dituruti, saya akan sangat menyesal sesudahnya.

Mari kita belajar memilih pilihan yang bijaksana, bukan hanya sekedar mengikuti semua yang kita inginkan. Seperti yang Paulus katakan di 1 Korintus 10:23

"Segala sesuatu diperbolehkan." Benar, tetapi bukan segala sesuatu berguna. "Segala sesuatu diperbolehkan." Benar, tetapi bukan segala sesuatu membangun."



By Nehemia Budijono Suhandynata

Menolak keinginan sendiri dan melakukan yang benar

Orang yang tak dapat menguasai diri adalah seperti kota yang roboh temboknya – Amsal 25:28

Sebuah perumpamaan berbunyi demikian: “jika Anda menginginkan Cheese cake, makanlah Roti Gandum”. Perumpamaan ini dapat menjadi nasihat yang baik bagi orang yang menjalani diet. Namun, dengan mendisiplinkan keinginan kita saat tidak ada prinsip moral yang sedang dipertaruhkan, sebenarnya kita sedang mempersiapkan diri jika kelak menghadapi goaana dosa.

Disiplin semacam inilah yang dimaksudkan oleh Paulus ketika ia memakai istilah penguasaan diri dalam daftar persyaratannya bagi orang yang percaya kepada Yesus. Kita perlu diingatkan tentang hal ini di zaman sekarang. Faktanya, saat ini ada begitu banyak orang yang tidak bermoral dan mereka pikir akan mudah menghentikan kebiasaan tersebut. Mereka tidak memikirkan kekuatan dosa yang mampu membuat orang terus-menerus melakukan dosa, dan pada akhirnya mendapati bahwa hidup dengan tujuan baik itu jauh lebih sulit daripada yang diperkirakan.

Amsal 25:28 menyatakan bahwa apabila kita tidak dapat mengendalikan diri, maka kita akan menjadi tidak berdaya seperti kota yang roboh temboknya. Disiplin diri yang terus-menerus dilakukan akan dapat membangun sistem pertahanan rohani dalam melawan kekuatan jahat.

Tatkala mendisiplinkan diri untuk mengekang hasrat-hsrat kita pada umumnya, berarti kita menjalankan kebiasaan hidup yang baik dan mempraktekkan realitas perkataan Paulus dalam Roma 6:18, “Kamu telah dimerdekakan dari dosa dan menjadi hamba kebenaran”

Untuk dapat mengendalikan diri, berikan kendali kepada Kristus.

Pada mulanya kita membentuk kebiasaan tetapi akhirnya kebiasaanlah yang membentuk kita. Untuk melatih kebiasaan-kebiasaan yang baik, salah satu caranya adalah kita perlu diarahkan. Untuk itulah, KM (Komunitas Mesianik) merupakan wadah yang sangat tepat, sehingga sesama anggotanya dapat berbagi Firman Tuhan, berbagi masalah sehari-hari, ide dan juga kesuksesan dari setiap anggota KM tersebut. Kita melatih diri untuk berusaha datang ke KM pada hari yang sudah dijadwalkan dengan



mengorbankan tidak membuat janji pada hari itu, datang tepat waktu, menyiapkan hati dan yang terpenting ialah dapat merasakan kasih dan Kebesaran Tuhan kita Yesus Kristus, serta memuliakannya.



Daftar Komunitas Mesianik

| | | | | |
|--------------------|--|-----------------------|-------------------------|------------------------------|
| BIG MQU North Ryde | Room C3B 306 | Thursday | Randy | 0433 880 550 |
| BIG MQU City | Building E10A Level 3 | Monday | Edrick | 0426 253 110 |
| BIG UNSW | Robert Websters Lv 3 Room 301 | Tuesday | Ellis | 0450 220 664 |
| BIG UTS | Building 5C 1.29 Haymarket | Wednesday | Kevin R | 0410 752 555 |
| Castle Hill 1 | 8 Finch Pl. | Thursday | Johan R | 0402 881 887 |
| Castle Hill 2 | 35 Orleans Way, Castle Hill | Wednesday | Kuncoro S | 0433 109 193 |
| Chatswood 01 | Chelsea Apt. | Wednesday | Yohana LS | 0402 178 783 |
| Chatswood 02 | Suite 6A, 77 Albert Ave, Chatswood | Saturday Wednesday | Filippus T Regina T | 0433 990 298 |
| Chatswood 03 | 7/2 Fehon Rd, Chatswood | Tuesday | Paul | 0433 761 233 |
| Double Bay | 93 Manning Rd. | Wednesday | Budiyono S Lidia K | 0413 166 788 0408 186 788 |
| Eastlakes | 9/287 Gardeners Rd. | Saturday | Jacob | 0401 622 937 |
| ET | please contact leader (ET Service) | Wednesday | Firman R | 0404 075 559 |
| Hurstville | Suite 1511C/87 Liverpool Street. | Wednesday | Abigail | 0413 047 407 |
| Kensington | 55 Mooramie Ave. | Tuesday | Adrian | 0403 046 625 |
| Kingsford | 1/503 Anzac Pd, Kingsford | Wednesday | Daniel T | 0422 327 376 |
| Maroubra 01 | 50 Boyce Rd. | Wednesday | Joesuf H | 0433 116 307 |
| Maroubra 02 | 75/42 Harbourne Road, Kingsford | Wednesday | Evie Tju | 0433 327 031 |
| Maroubra 03 | 123 Fitzgerald Ave. | Wednesday | David P | 0433 069 877 |
| Maroubra 05 | 19/44-46 Borrodale Rd | Wednesday | Sherly S Andry G | 0408 483 669 0430 709 874 |
| Marsfield 01 | 90/192-200 Vimiera Rd, Marsfield | Tuesday | Sianny | 0410 631 937 |
| Marsfield 02 | 190 North Rd, Eastwood | Wednesday | Aldo | 0433 237 820 |
| North Ryde 01 | 23 Torrington Drive | Wednesday | Dennis H | 0433 491 203 |
| North Ryde 02 | Libya Place, Marsfield | Wednesday | Diana T | 0402 079 519 |
| Randwick | 2 / 44 Waratah Ave, Randwick | Tuesday | Muliadi | 0433 558 888 |
| Rockdale | 5/10 Illawarra street,Allawah | Tuesday | Andra | 0415 789 866 |
| St. Ives | unit 23 / 1-5 Lynbara Ave, St.Ives | Wednesday | Lynda H | 0430 186 389 |
| Sydney 01 | 1205/2-4 Cunningham St. (Aspect) | Wednesday | Matthew | 0433 110 513 |
| Sydney 05 | 1010/146 Elizabeth St. (Hyde Park Tower) | Wednesday | Meliati | 0401 267 906 |
| Sydney 03 | 1102/343 Pitt St (Century Tower) | Tuesday | Henry D | 0413 410 965 |
| Sydney 10 | 2509/393 Pitt Street, Sydney | Wednesday | Asya | 0433 240 825 |
| Sydney 06 | Unit 168 / 298 Sussex Street, Sydney | Wednesday | Agnes Wenpo | 0414 264 000 0401 750 477 |
| Sydney 13 | 1102/343 Pitt St. (Century Tower) | Thursday | Jeffry O | 0424 263 179 |
| Sydney 15 | 3702/343 Pitt St. (Century Tower) | Thursday | Darwin A | 0415 314 910 |
| Sydney 16 | 500 Oxford St, Bondi Junction | Wednesday | Firman R Jeffrey Lie | 0404 075 559 0405 628 005 |
| Sydney 18 | 3008/343 Pitt St. (Century Tower) | Wednesday | Michael S | 0404 152 025 |
| West Ryde | 30/1-55 West Parade, West Ryde | Wednesday | Martin S | 0413 087 804 |

By Anthony Pribudi

The Church and the Greatest Promise of All...

This is another powerful song by a powerhouse of contemporary Christian artists: Chris Tomlin, Matt Redman, and co. It is a ‘modern-hymn’ which is deeply rooted in biblical truths, in which the lyrics are so ‘Christocentric’ or Christ-centred. The song particularly positions us more as the Church, the bride of Christ, rather than individuals. Notice how the song identifies Christ as the precious cornerstone, sure foundation, and the faithful companion, the promise of God Himself (Isaiah 28:16) for the church, His King, empty-handed, with one voice, as a bride who is longing for her bridegroom, declaring that He, not wealth nor health nor any treasures of the world, is ‘ALL to us’, is very propelling. It is a profound longing of the bride's heart for the glorious bridegroom, Jesus.

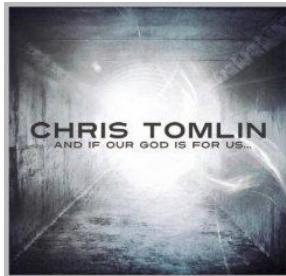
To be able to make a statement that Christ is all to us is never an easy thing. It is more than a verbal confession. it is a deep cry of one's heart. One that has been wounded and tested. One who has come to Christ is the only joy and satisfaction in life. One who truly sings this song would say “take away the world, but give me Jesus.” King David, the worshipper, understands this when he said: “Whom have I in heaven but You? And earth has nothing I

desire besides You. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” Psalm 73:25-26. This is the heart of Christian worship.

However, it is so liberating to know that He is the ultimate purpose for everything. “For from Him and through Him and for Him are all things...” Romans 11:36. By this understanding, the essence of life has become so clear. As the chorus of the song goes, the church exist for one cause alone, the glory of His name. His righteousness becomes a holy flame that burns all our imperfections. And his saving love becomes the measure of our words and actions. Finally, as the last verse of the song says it all, the ultimate goal of our lives as His church, is “..to present her to Himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless” Ephesians 5:27. Until the day we see our bridegroom face to face, none offered by this passing world can cure this longing. Christ, our bridegroom, the greatest promise of all, is all to us.



Featured Album



Writer : Chris Tomlin, Matt Redman, Matt Maher, and Jesse Reeves

Album : And if our God is for us (2010)

Genre : Modern Hymn

Theme : Christ, the Church

Scripture reference : Isaiah 28, Ephesians 5

All to Us

INTRO:

C /// D /// C /// D ///

VERSE 1

C G

Precious Cornerstone,

D G

Sure Foundation

C G D

You are faithful to the end

C G D Em

We are waiting on You Jesus

C D G

We believe You're all to us

CHORUS

D

Let the glory of Your name

C G

be the passion of the church

D

Let the righteousness of God

C G

be the holy flame that burns

D

Let the saving love of Christ

Em D C

be the measure of our lives

G D G

We believe You're all to us

INTERLUDE

C G // D G // C G // D

VERSE 2

C G

Only Son of God,

D G

sent from Heaven

C G

Hope and mercy

D

at the cross

C G

You are everything,

D Em

You're the promise

C D G

Jesus, You are all to us

BRIDGE

C Em D

You're all to us

C Em D

You're all to us

C Em D

You're all to us

G

Yes, You are

VERSE 3

C G D G

When this passing world is over

C G D

We will see You face to face

C G D Em

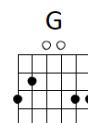
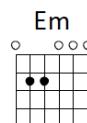
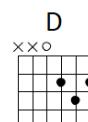
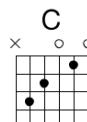
And forever we will worship

C D Em

Jesus, You are all to us

C D G

Jesus, You are all to us



By Widi Pamungkas

Team Website

Pengelolaan website ROCK Sydney terdiri dari 3 faktor utama:

• Pembuatan design visual

Dalam periode waktu yang ditentukan, website ROCK Sydney akan melalui tahap face-lift atau redesign, dimana tampilan website akan diganti dengan design yang lebih efektif, menarik dan senada dengan pesan/tema yang disampaikan. Proses ini dimulai dari arsitektur informasi, sebelum memasuki tahap proses design.

• Penyediaan fitur

Seiring dengan perkembangan dunia online, ada banyak pilihan fitur yang bisa diintegrasikan ke dalam website, misalnya fitur yang berfungsi untuk mengirimkan ringkasan kotbah dari website langsung ke email teman. Pendataan anggota gereja lewat website juga merupakan fitur. Sebagian fitur mendatang akan berfokus pada integrasi dengan jaringan sosial, seperti Facebook.

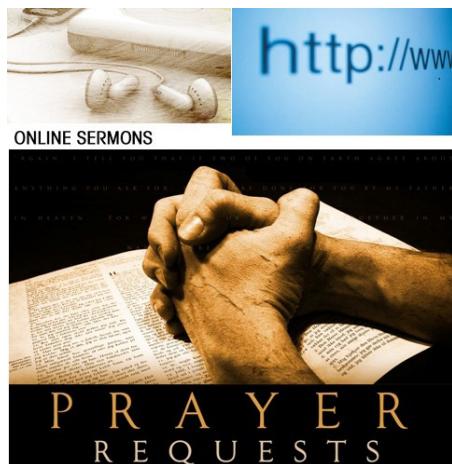
• Pembaharuan Informasi terkini

Menyediakan tampilan administrasi yang mudah dipakai untuk memudahkan pembaharuan informasi terkini di website.

Selain mengelola ke-3 hal diatas, team website juga menyediakan Landasan Teknologi

yang terpusat dan sesuai kebutuhan. Disinilah banyak diadakan diskusi teknikal akan pemilihan sistem dan arsitektur dari solusi website.

Pengalaman dan pengetahuan mendalam melalui tahap-tahap proses pembuatan website sangat dibutuhkan untuk menghasilkan karya yang maksimal secara efisien. Jadi, tunggu apalagi, mari bergabung bersama team website untuk membangun online presence ROCK Sydney di dunia internet, demi kemuliaan nama Tuhan. Tuhan memberkati.



Minister With Us and Be Part of the Solution

Sound System & Equipment Ministry

Praise & Worship Ministry

Multimedia Ministry

Creative Ministry

Website & Podcast Ministry

Children Ministry

Teenagers Ministry

Building Influential Generation

Intercressor & Apostolic Ministry

Ushering Ministry

School of Ministry (SOM)

Motion Picture

Contact ROCK Sydney and
be part of the solution:

ministry form - at church foyer

email - office@rocksydney.org.au

phone - 02 9436 2235

By Diana Turnip

Foster Self-Control in your workplace

Self-control can be the determinant in whether we have positive relationships in the workplace with a more stress free existence, or a workplace filled with anxiety, tense relationships, and an overall negative vibe. So, how can we foster self-control in the workplace?

First, and in my opinion the most important, we must gain control over our emotions. It is so easy to allow our tempers, frustrations, and annoyances to turn into something ugly throughout the day. The control of our emotions is one of the greatest strengths that we can have in our relationships at work and also in our lives as a whole.

The control of our emotions is one of the greatest strengths that we can have in our relationships at work.

Secondly, we need to learn to have control over our conversation. For many of us, it is very easy to start saying things that should have never been brought up, should have remained a secret, or simply should have been left for a different time and place. Sometimes, we like a

It is easy to lose control of what we should be focusing on by an over concern of how other people are viewing us, talking about, etc.

little drama or conflict in the workplace to spice up our seemingly dreary day. However, in our desire to say and spread things that would be better left unsaid, we might create more

problems for others and ourselves in the future.

Finally, we need to have control over our excessive concern about how other people perceive us. Some people may not like us; that is something that we need to learn to accept and not allow it to destroy our day. It is easy to lose control of what we should be focusing on just because we are too concerned about how other people are viewing us, talking about us, etc. Of course, this lack of control will simply leave us to be more stressful, less productive, and more irritable.

Self-control is a fruit of the Spirit (Gal 5:23). So, when you received the gift of the Spirit, you'll also receive the fruit of the Spirit. However, you'll need to remain in God and accept Him for who He said He is and receives His gifts. This is as Jesus said in John 15:4, "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." In another words all the fruits of the Spirit are gifts from the Vine.

This month, let's start seeing your workplace as an opportunity to see your self-control grow, which will in turn give you a more peaceful and joyful life. Seek God, and allow Him to let this fruit grow and flourish in your daily routine of life.



Kingdom Offerings

Account Name: **ROCK SYDNEY**

General: 062 300 1011 7185

Tithe: 062 300 1011 7855

Building Funds: 062 300 1011 7863

Mission: 062 300 1011 7847

Membership

Jemaat yang belum mengisi **MEMBERSHIP** Gereja harap segera melalui mengisinya website ROCK Sydney.

Water Baptism

Saturday 30th July 2011, 10AM

16 Melnote Avenue, Roseville

Please fill in baptism form at the front desk, and bring 2 of your passport photos for the certificate.

ROCK Sydney Membership

Untuk bergabung membership silakan ikuti langkah berikut:

1. Kunjungi www.rocksydney.org.au
2. Klik bagian Members
3. Klik "Join Us" link

Untuk memperbarui profil membership anda silakan ikuti langkah berikut:

1. Kunjungi www.rocksydney.org.au
2. Klik bagian Members
3. Login dengan alamat email dan kata sandi anda

Silakan hubungi ROCK Sydney office jika anda mengalami kesulitan.

office@rocksydney.org.au +61 02 9436 2235

ROCK on the WWW:

Jesus Culture should be spread, including in the realm of digital world. Let's start with this magical connector called worldwide web and get yourself updated by....



Join us on Facebook NOW!

[www.facebook.com/
RockSydneyChurch](http://www.facebook.com/RockSydneyChurch)



Tune in to our Tweet:

[http://twitter.com/#!rocksydney](http://twitter.com/#!/rocksydney)



Doubly blessed through our podcast:

[http://podcast.rocksydney.org.
au/](http://podcast.rocksydney.org.au/)

Birthdays

| | |
|----|---|
| 2 | Yuliana Dewi Liman Malvin Haryanto |
| 3 | Melinda Hartono |
| 4 | Jimmy Christian Yanti Susanti |
| 7 | Peter Lay |
| 8 | Yuliana Dewi Setyaningrum Enggel Liem Jessica Iskandar Tanuimanda |
| 9 | Suratman Tjandra |
| 10 | Hendra Darmawan Janto Jeremy Randy Kartadinata Stella Hartanto |
| 11 | Fionna Fanya Lonan Herlin Kristina Samuel Kam |
| 12 | Jesslyn Nathania |

| | |
|----|---|
| 14 | Evan Tanuhardja Syndi Fuida Luke Juliano |
| 15 | Jonathan Widjaja Joshua Tie |
| 16 | Jenny Susilawaty |
| 17 | Richard Julian Chandra Graciana Suryahadi |
| 18 | Susilawaty Elsy Indrawan Fenny Rebecca Widjaja Julian Ng Kenneth Daniel Soewono |
| 19 | Nia Frawley |
| 20 | Monika Lie |
| 21 | Indra Arifin Michelle Suntanto Lee |
| 22 | Fleming Tan Jahadi Odang |
| 24 | Yulita Sihotang |

| | |
|----|--|
| 25 | Lucia Sutantyo Ade Oey |
| 26 | Kristina Suraji Leonardus Munz Lie Jimmy Harison |
| 27 | Pranoto Djojosaputro |
| 29 | Moses Adi Johana Hidayat |
| 30 | Juliana Lukas |
| 31 | Abigail Liana Fitri Wong |

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4th EDITION

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"WHERE AWESOMENESS HAPPENS"

CONSULATE GENERAL OF THE REPUBLIC OF INDONESIA SYDNEY

ATC **buletin**

AS A PART OF CELEBRATING INDONESIA'S 66TH INDEPENDENCE DAY 17 AUGUST 2011

1st PRIZE \$750 + TROPHY + MEDALS
2nd PRIZE \$400 + TROPHY
3rd PRIZE TROPHY
'MVP AWARDS'

REGISTRATION CAN BE DOWNLOADED FROM OUR WEBSITE: WWW.BIGCONNECT.ORG
FIND US FOR MORE INFORMATION ON FACEBOOK (SEARCH: BUILDING INFLUENTIAL GENERATION) AND TWITTER (@B@BIGconnectz)

CONTACT PERSON:
EDRICK (0431087181)
SANTI (0431134888)

ROCK YOUTH INTERNATIONAL

JONAH:
A STORY OF
SIN AND GRACE by Ps. Yosia Yusuf

"Where sin reaches far, grace reaches even further."

**3, 10
17, 24
JULY 2011**

05.00 PM

UTS UNIVERSITY HALL

ROCK SYDNEY
2011

ROCK SYDNEY **15th Anniversary**

Theme:
'UNSHAKABLE FAITH'

WHEN
28 August 2011

WHERE
UNSW Science Theatre

Holy Bible Reading and Memorisation

| | | | | |
|-----------------------|----------------|--------------|-------------------|--|
| 1 st July | I Samuel 13 | Isaiah 56-57 | Revelations 21-22 | Because you have kept my word about patient endurance, I will keep you from the hour of ... Revelations 3:10 |
| 2 nd July | I Samuel 14 | Isaiah 58 | Matthew 1-2 | |
| 3 rd July | I Samuel 15 | Isaiah 59 | Matthew 3-4 | |
| 4 th July | I Samuel 16 | Isaiah 60 | Matthew 5 | |
| 5 th July | I Samuel 17 | Isaiah 61 | Matthew 6 | |
| 6 th July | I Samuel 18 | Isaiah 62 | Matthew 7 | |
| 7 th July | I Samuel 19 | Isaiah 63 | Matthew 8 | |
| 8 th July | I Samuel 20 | Isaiah 64 | Matthew 9 | |
| 9 th July | I Samuel 21-22 | Isaiah 65 | Matthew 10 | |
| 10 th July | I Samuel 23 | Isaiah 66 | Matthew 11 | |
| 11 th July | I Samuel 24 | Jeremiah 1 | Matthew 12 | "The sound of an uproar from the city! A sound from the temple! ... Isaiah 66:6 |
| 12 th July | I Samuel 25 | Jeremiah 2 | Matthew 13 | |
| 13 th July | I Samuel 26-27 | Jeremiah 3 | Matthew 14 | |
| 14 th July | I Samuel 28 | Jeremiah 4 | Matthew 15 | |
| 15 th July | I Samuel 29-30 | Jeremiah 5 | Matthew 16 | |
| 16 th July | I Samuel 31 | Jeremiah 6 | Matthew 17 | |
| 17 th July | II Samuel 1 | Jeremiah 7 | Matthew 18 | |
| 18 th July | II Samuel 2 | Jeremiah 8 | Matthew 19 | |
| 19 th July | II Samuel 3 | Jeremiah 9 | Matthew 20 | |
| 20 th July | II Samuel 4-5 | Jeremiah 10 | Matthew 21 | |
| 21 st July | II Samuel 6 | Jeremiah 11 | Matthew 22 | "Far be it from me, for those who honor me I will honor, and those who despise me shall ... I Samuel 2:30b;35 |
| 22 nd July | II Samuel 7 | Jeremiah 12 | Matthew 23 | |
| 23 rd July | II Samuel 8-9 | Jeremiah 13 | Matthew 24 | |
| 24 th July | II Samuel 10 | Jeremiah 14 | Matthew 25 | |
| 25 th July | II Samuel 11 | Jeremiah 15 | Matthew 26 | |
| 26 th July | II Samuel 12 | Jeremiah 16 | Matthew 27 | |
| 27 th July | II Samuel 13 | Jeremiah 17 | Matthew 28 | |
| 28 th July | II Samuel 14 | Jeremiah 18 | Romans 1-2 | |
| 29 th July | II Samuel 15 | Jeremiah 19 | Romans 3-4 | |
| 30 th July | II Samuel 16 | Jeremiah 20 | Romans 5-6 | |
| 31 st July | II Samuel 17 | Jeremiah 21 | Romans 7-8 | |

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ROCK Sydney

1/83-85 Whiting St. • Artarmon, NSW 2064

PO BOX 789 • Artarmon, NSW 1570

Phone: +61 2 9436 2235 • Fax: +61 2 9436 2239

email: office@rocksydney.org.au • web: www.rocksydney.org.au

Thus says the Lord:
"Cursed is the man who trusts in man and makes flesh his strength, ...
Jeremiah 17:5;7-8