

Ask God Mah

Too tired? Yes, I believe sometimes we are just exhausted from work, our health, our family and things that are happening around us. Due to the hum-drum that we got so used to through the circumstances day by day, we have not been thinking much. We do not stop and pray much. As a result, we forget to “Ask God Mah”!

The title of this article came to mind when the Church had the Annual General Meeting (AGM) this year. You would have thought that I was going to write about the AGM, my reflection on this event, and share learnings from the episodes we had. Well, that did cross my mind. ☺

“Come to me, all you who are weary and burdened, and I will give you rest. 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 is light” (Matthew 11: 28 – 30)

I thought that the Church has been handling the AGM well, at least from what I observed, through prayers so far. Together

as a body of Christ as we continue to rely on God and pray for wisdom that brothers and sisters-in-Christ work well together during AGM periods, I believe we are in the good hands of God. God will be with us every time as we go through it. Amen.

I pray that God will continue to guide the Church and provide as He did in providing the funding for our Church building. Amen.

So, remember to “Ask God Mah”!

I discovered some truths when I was reading this article from Kay Arther titled “Come to Me All Who Are Weary and Heavy-Laden” under the bible study programme, “Precepts for Life”, that teaches practical Bible study tools on God’s Word. The section headers said it all. I will reflect in my own words, giving thanks as I stumbled onto this article by chance.

“For I satisfy the weary ones and refresh everyone who languishes” Jeremiah 31:25



This reading left me realising that I am not alone in this world where no one understands what I am going through. Well, let me stop being melodramatic here.

Stress is indeed one of the aspects that take us down daily. A little stress is good – better than being passive and lazy in our daily lives. Then again, too much stress can cause medical problems in the long run although tension can be constructive as long as it does not break us into

despair and dejection. So, ask God for?

Kay Arthur shared that it is how we react to the situations through God that matters. In my interpretation and understanding, we fight “fires” and only start thinking when the “fires” burn in our lives. Pray for guidance as God knows us and our pressure in battling these conflicts every day.

How true? Ask God Mah!

Kay Arthur highlighted a deeper insight when we are faced with stress. She said that meekness is born out of stress and trials with afflictions. Meekness keeps us humble that we learn to rely on God.

Remember that when we are weak, it will make us stronger in the Lord. We need God no matter how strong we think we are. We need God no matter how smart and logical we think we are. We need God when all things seem to be alright as well as when we cannot fathom why things are alright just to be surprised by sudden afflictions of conflicts and difficulties. God knows. He knows you.

We should just “Ask God Mah”!

As the article ends here, join me in praying and looking up to God again, knowing that He is there and he will give you rest.

I did not know that there was such a song, “I Will Give You Rest”. Do look out for this heart-warming song.



*"Come ye who are weak and weary, I will give you rest
Ye who bear a heavy burden, I will give you rest*

*Take my yoke upon you and learn of Me
I am meek and lowly and I will give you rest*

Let not your heart be troubled, come unto Me

*Ye whose hearts are gently troubled, by your fears distressed
Lean upon My steady shoulder, I will give you rest*

*For My yoke is easy, my burden light
Cast your cares upon Me, and I will give you rest*

Come ye who are weak and weary, I will give you rest

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Started writing for The Vine in Apr 2011 issue and continued intermittently to submit articles. She came on board as a full-time writer in the beginning of 2016, together with Alicia Wong. Both ladies have been writing articles every issue since and may they continue to do so into the next generation.

