

CHURCH IN REGINA

Local Announcements

1. Prayer Meeting— Grp 1 by Zoom; Grp 2 in person
2. Sisters' Meeting—June 15
3. Brothers' Meeting—June 29

Conferences & Training

1. Chinese-Speaking Blending Conference—Feb.14-16, Anaheim, CA
2. International Training for Elders & Responsible Ones—Apr.4-6, Anaheim, CA
3. Memorial Day Blending Conference—May 23-26, Phoenix, AZ
4. Summer Training—June 30-July 5, Anaheim, CA
5. International Training for Elders & Responsible Ones—TBD
6. Thanksgiving Blending Conference—Nov.27-30, Indianapolis, IN
7. Winter Training—Dec.22-27, Anaheim, CA

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Experiencing, Enjoying, and Expressing Christ (2)—Week 16

In Exodus 16 there is a **deep truth** that may not be readily apparent. If we have some religious understanding or background, we may say that the truth in Exodus 16 is the manna as the heavenly food, typifying Christ. Of course, this is not wrong; rather, it is accurate. However, merely having this understanding may not have any effect on our practical living. We may realize that manna is a type of Christ as heavenly food, and **yet there may be no impact** on our living and on our experience, enjoyment, and expression of Christ.

The deeper truth in this chapter is that God wants to change His people's diet. The changing of diet is far different from merely telling those who just came out of Egypt to not love the world. For God to change our diet is **very significant** because the changing of diet is **related to God's building**. We may not have connected these matters before, but it is clear from the Life-study of Exodus that the matter of changing our diet is directly related to God's building. To understand this, we must remember that the children of Israel had just come out from Egypt, where they had been slaves and had eaten an Egyptian diet for their entire lives. Even though they had left Egypt, every cell in their body was constituted Egyptian. Their constitution was Egyptian because their diet had been Egyptian. This illustrates the principle that **we are what we eat**. If we eat of the world, we become the world.

With the children of Israel, God did not focus on their not loving the world, as typified by Egypt; rather, He focused on changing their diet. Even though the children of Israel were no longer in Egypt, they were not qualified to build God's house. **Because they did not match God, they were not qualified to build His house or to be His house. They needed a change of diet to have a change of constitution.** This is the deeper truth in Exodus 16.

We see a tremendous link between God's building and what we eat. The children of Israel, at this point, had been saved, redeemed, rescued, and even provided for by the Lord. However, this did not mean that their constitution had changed. When we read this footnote before the Lord, we cannot help but ask Him about our own constitution. Although we are listening or reading these training messages and have been saved, redeemed, and rescued from the world, **what about our constitution? It all depends on our diet**. What are we feeding on? Worldly people feed on many different things. However, God gave His people one thing to feed on for forty years—manna. He did not give them a smorgasbord of options; He gave them one thing—manna (Christ)—to change their constitution to qualify them to build His house. May we all receive this as fresh light.

Whatever we eat of Christ to be our reconstituting element and our supply to make us God's dwelling place in this universe will be an eternal memorial (Exo. 16:16, 32). The previous point speaks of the change of diet. This point speaks of reconstitution. Whatever we eat of Christ to be a reconstituting element and our supply to make us God's dwelling place in this universe will be an eternal memorial. Whatever we eat of Christ will be an eternal memorial, but what we are in ourselves is not worth remembering even for a day. What we have and what we can do are not worth remembering. **The only thing worth an eternal memorial is the Christ whom we have eaten** (Excerpts from The Ministry of the Word, vol. 29, No. 02).

PRAYER BURDENS

1. Lord, reconstitute us and change our diet. Cause the hidden manna to be the focal point of our Christian life. We want to experience You more and more today to be our eternal memorial.
2. Lord, You are our unique food. Thank You for giving us new beginnings every morning. When we eat of You, we are balanced, saved from mixture, single and pure, white without stains and refreshed.
3. We drink of You as the spiritual rock that follows us. Save us from our lack of drinking and may we have the abundance of the Spirit. We “take the rod” and “speak to the rock” to be identified with You in Your death and apply it in all our situations.
4. Lord, renew our mind and save us from our traditional thinking of Your table. We want to see Your incarnation, crucifixion, and resurrection. As we fellowship around it, may we identify with You in the fellowship of Your blood and body.
5. Thank You, Lord for the cup of the new covenant, a cup full of blessing established by Your blood. Grant us fresh appreciation of Your blood that opens the way for us to eat and enjoy the tree of life.
6. Lord, we are waiting for Your second coming. During this age, we declare Your redeeming, life-releasing death and remember You until You come. May this be our view when present at Your table.

North America/Europe/Other Burdens

1. Please pray for the UK building project, the training center for all of Europe, the Full-time Training in London. Please pray that the Lord will provide the necessary funds, construction permissions, and serving ones to carry out the construction

Church in Regina

1. Pray for the propagation work in Saskatchewan. Strengthen the saints in Foam Lake, Yorkton and Stenen. Encourage them and supply them that there would be a lampstand in Yorkton for Your testimony. Remember Bro. Isaac, Bro. Charles, and Bro. William.
2. Pray for the purchase of the meeting hall.
3. Special prayer for Bro. Matthew McCluskey's dad, Gino McCluskey, who is diagnosed with lung cancer. Strengthen their family and pray for household salvation.
4. Pray for the continuing of the Chinese-Speaking Bible Reading. Remember Bro. Nathan, Sis. Cassie and our new ones: Doris Di, Julie Cao, Wendy Wang, and Tina Huang.
5. Pray for positive and immediate approval of all the permanent resident immigration papers:
 - > Alforte Family (Radam and Rosalina)
 - > Orolfo Family (Wilson and Jenny and their three children)
 - > Jerome Family (Pravin and Abinaya and their two children)
 - > Temonio Family (William and Melanie and their two children)

WEEKLY SCHEDULE OF MEETINGS:

- Lord's Table & Prophesying—Lord's Day 10:00-12:00PM
- Prayer Meeting—Tuesdays 7:00-8:00PM
- Home Meeting—Wednesdays 6:00-7:00PM
- Chinese-Speaking Bible Reading—Mondays 7:15-8:15PM
- College Meetings—Fridays 7:30-8:30PM
- YP Meetings—Sundays 4:00-5:30 PM
- Children's Meeting—Saturdays 10:00-11:00AM
- Small Group Meetings—Fridays/Saturdays 7:00-9:00PM