



All you who hoped in the Lord

Psalm 31:23-24 (NKJV)

²³Oh, love the Lord, all you His saints! For the Lord preserves the faithful, And fully repays the proud person. ²⁴Be of good courage, And He shall strengthen your heart, All you who hope in the Lord.

Introduction

Who do you turn to when you are under pressure or stressed?

Many of these stresses or pressures are the result of your own doing. When it piles up, you will begin to struggle just to cope with it and when it is too much, depression will come.

Our modern culture gives us too many options to turn to when under stress or experiencing pressures of life. Some take sessions of stress management while others attend classes on meditation practices. Even Christians agree that these methods helped them to cope with stress and some even turned to medications. But there are also few who turn to God and take refuge in Him.

God did not promise us a life without stress or pressure. God promised us that He will never leave us nor forsake us.

Deuteronomy 31:8

And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.

The remedy for stress is to trust in the sovereign, personal Lord.

A. Stress is a fact of life, even for the godly.

Many believers have this notion that if we follow and obey the Lord, He will protect us from difficult trials. But the Bible repeatedly shows that it is often because you follow the Lord that you encounter various trials. If you blend in with the world, they don't bother you. But the fact that you follow Christ makes you the special target.

John 15:18-19

¹⁸"If the world hates you, you know that it hated Me before it hated you. ¹⁹If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you.

1. In stress, we should not trust in ourselves but in God.

2 Corinthians 1:8-11

⁸For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life. ⁹Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead, ¹⁰who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us, ¹¹you also helping together in prayer for us, that thanks may be given by many persons on our behalf for the gift granted to us through many.

2. Be prepared for stress.

When there's a big storm coming, we prepare for the worst. We stock food and water and charge all our phones, including our emergency lights. Some even prepare for

their generators, just in case of a blackout. We visualize these things in advance to anticipate and to minimize the damage that the big storm could bring.

Trusting God prepares us for the stress.

v. 1 - You are righteous.

v. 3 - You are my rock and my fortress.

v. 4 - You are my strength.

v. 5 - You have redeemed me.

v. 7 - You have considered my trouble.

v. 8 - You have set my feet in a wide place and many more.

Prepare yourself before the storm hits. Spend time alone with God and His Word, feeding your soul. Let His Word confront your life with sin that needs to be dealt with. Then you'll be ready for stressful times.

3. In stress, admit your sins and take refuge in God.

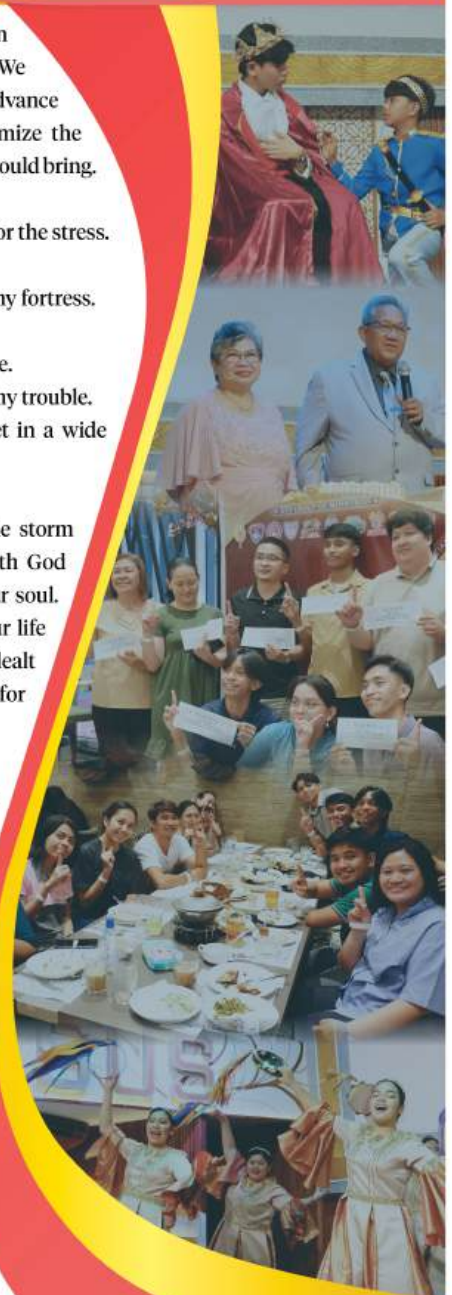
Proverbs 28:13

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

Galatians 6:7-8

⁷Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

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Rev. Dr. James C. Sy
Administrative Pastor

58th Anniversary Celebration

Lisa sa kagalakan at katapatan ng Panginoon



Tuwing Pebrero sa nakalipas na mga taon ay palaging nagtitipon ang pamilya ng UCF upang alalahanin at ipagdiwang ang kabutihan ng Diyos sa panambahang Kaniyang tinawag at itinatag. Noong Pebrero 23, Linggo, ay napuno ng pagpupuri at pagsamba ang buong simbahan na dinaluhan ng humigit kumulang 400 na mga bisita, miyembro at manggagawa.

Mula sa tawag ng Diyos sa Kaniyang lingkod na si Rev. Dr. William Sy ay libo-libong kaluluwa ang nadala sa Kaharian ng Panginoon nang sila ay kasumpungan ng Kaniyang habag

at pag-ibig. Sa bawat misyon, programa at mga gawain ay maraming buhay ang hinihipo ng Diyos na siyang patunay na buhay ang Kaniyang Salita at tunay na ito ay nagbabago ng buhay.

Tampok ang 38 taon ng UCF sa bawat *audio-visual presentation (AVP)* simula sa pagtatag nito, mga pagsubok na kinaharap at bawat tugatog ng tagumpay na nakamit sa pagsama ng dakilang Diyos. Salamat sa Panginoon dahil Siya ay tapat sa panambahang Kaniyang itinatag at pinapalago mula sa *vision* at *mission* na Kaniyang ibinigay.



Colossians 3:5
(NKJV)

Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.

Praise and Worship

Panalangin ang simulain ng gawain na sinundan ng pagpupuri at pagsamba ng mga anak ng Diyos. Katulad ng Kaniyang mga anak na nagsimula sa paglalim sa Kaniyang presensiya ay gayundin kung paano sinimulan ang pagdiriwang. Tunay na mahalagang maibalik ang luwalhati sa Panginoon.



Sa pangunguna ng presensiya ng Diyos, ang lahat ay buong pusong umawit, sumayaw, at pumalakpak bilang pagbibigay papuri sa ating mabuting Diyos.



Na-bless ako sa story kung paano na-establish ni Ptr. William ang Mt. Tabor. Ang dating kasi sa akin noon ay kapag may purpose sa'yo si Lord, talagang sasamahan ka Niya. Hindi ka Niya iiwan.



Jhano De Sagun
Church Member



Tunay na sa Diyos ang lahat ng papuri at pagsamba sapagkat Siya ang nagdako sa bawat kaluluwa sa panambahan ng UCF.



UNITY SONG

Sa awiting ito ay sama-samang idineklara ng mga manggagawa ng UCF ang kanilang patuloy na pagsunod at pagtugon sa tawag at kalooban ng Diyos sa kanilang mga buhay.

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.

Hebrews 12:1
(NKJV)

Special Presentations

Ang mga *fellowship group* ay nagpamalas ng espesyal na presentasyon upang pasalamatan ang Panginoon. Sa pamamagitan ng pag-awit at pagsayaw mula sa kanilang mga puso ay kanilang dinakila ang Diyos. Mula bata hanggang matanda ay hindi papipigil upang magpasalamat sa Ama na Siyang nagbibigay ng lakas sa bawat isa.



UCF-UCA CHILDREN FELLOWSHIP



Noong nakikinig ako sa preaching ni Ptr. James para bang ako ang kinakausap. Lahat ng sinasabi niya patungkol sa'kin. At ang tumatak sakin ay, "There is always a time for everything." Kaya ngayon, I was given a chance na mag-perform at pinili ko ang pagsayaw. Sa simpleng pagsayaw maipapakita ko sa Diyos ang pagmamahal at pasasalamat ko sa lahat ng kabutihang ginawa Niya sa buhay ko.



Abigail Luraura
Church Attendee



UCF-UCA YOUTH FELLOWSHIP



Bitbit ang iba't ibang mga makukulay na props, buong pusong sumayaw at umawit ang bawat isa para sa Panginoon.



YOUNG PROFESSIONALS & ADULT FELLOWSHIP

Ang UCF ay isang pamilyang pinagbuklod ng pag-ibig ng Diyos. Kaya naman bilang isang pamilya ay sama-sama ang mga anak ng Diyos sa pagdakila at pagbigay papuri sa Kaniya.



2 Peter 1:10-11
(NKJV)

¹⁰Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; ¹¹for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.

Sa pamamagitan ng masigla at taos-pusong pagsayaw, pag-awit at pag-arte, ang mga miyembro ng mga *Home Bible Church* (HBC) mula sa UCF Mt. Tabor Church ay nag-alay ng pagtatanghal na nagbigay papuri sa Ngalan ng ating Panginoon.



Na-bless ako sa mga worker ng UCF Sucat kasi sobrang smooth ng system dito. Sa UCF Mt. Tabor kasi, since nagsisimula palang ito, na-e-envision ko and I really look forward na maging ganoon din sa Mt. Tabor kung saan kami na rin ang tatayong mga worker.



Sis. Jhuwy Rose De Sagun
Church Member



Napuno ng kagalakan sa puso ang bawat isa na kanilang naipamalas ang talentong ipinagkaloob ng Diyos sa kanila habang nabibigyang luwalhati Siya.



Brethren, join in following my example, and note those who so walk, as you have us for a pattern.

Philippians 3:7
(NKJV)

Preaching and Benediction

Sa paglipas ng 38 na taon simula noong naitatag ang UCF, ibinahagi ni Rev. Dr. Sy ang patuloy na katapatan at pagsama ng Diyos hindi lamang sa kaniyang buhay paglilingkod, kung hindi lalo sa panambahang Kaniyang tinawag. Binigyang diin din niya ang kahalagahan ng paglilingkod at pagsagot sa tawag ng Diyos.



Ipinanalangin ni Rev. Dr. Sy ang bawat isa para sa kagalingan hindi lamang pisikal, kung hindi espirituwal at ang malaki pang paggamit ng Diyos sa buhay ng Kaniyang mga anak.

Na-bless ako noong napanuod ko iyong video ni Ptr. William noong sinabi niya kung paano nag-work si God sa buhay niya. Kasi naniniwala din ako kay Lord pero 'di ko alam paano ba Siya nagwo-work. Alam ko na nariyan talaga Siya kahit nasaan ako. Mayroon tayong purpose at misyon sa buhay at kailangan lang natin magtiwala kay Lord para malaman natin kung para saan ba talaga ang purpose natin.



Marivic Dado Cabalquinto
Anniversary Guest

Offertory and Birthday



Pinangunahan ni Rev. Dr. James Sy ang panalangin para sa tithes at offering at si Rev. Ricardo Jacob naman ang nanguna sa panalanging pangwakas.

Ang mga nananampalataya sa Diyos ay nagbalik-sulit ng kanilang ikapo at nagbigay ng kanilang handog bilang pasasalamat at pagmamahal sa Diyos na nagpapala sa bawat isa. Naghandog din ang lahat sa taunang Everybody's Birthday.



2 Timothy 2:15
(NKJV)

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

Dinner and Fellowship

Malugod na nagsalu-salo ang lahat sa inihandang masasarap na pagkain habang sinasariwa ang kabutihan ng Diyos sa kanilang mga buhay. Tunay na isang mapagpalang araw ang naganap kasama ang pamilya ng UCF.



Sobrang blessed ko kasi nadala ko iyang mga sibling ko. Hopefully masama ko rin ang parents ko. Kapag lumalapit ka sa Lord mas lalo ka Niyang bini-bless.



Jove Espares
Attendee



"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

Acts 1:8
(NKJV)

Photobooth Souvenir

Magsisilbing souvenir photo naman ang mga larawang kuha sa photobooth area. Kasama ng kanilang pamilya, kaibigan at mga bagong kakilala ay masayang nagpakuha ng larawan ang lahat.



It's my pleasure to be here. It's a blessing. I've been looking forward to be here kasi galing kaming ibang bansa. I know it is not by accident na nadala ako sa UCA. Nag search lang ako online, the Lord led me to UCA.



Mary Christine Mendoza
Anniversary Guest



Acts 16:31
(NKJV)

So they said, "Believe on the Lord Jesus Christ, and you will be saved, you and your household."

Group Photos

Sa gitna ng selebrasyon, ang mga nagsipagdalo ay kumuha rin ng kani-kanilang mga litrato kasama ang kapatiran. Ilan sa kanila ay nagmula pa sa iba't ibang lugar at naglaan ng kani-kanilang mga oras upang sariwain ang mga kagila-gilalas na pagkilos ng Panginoon sa panambahan ng UCF.



Sinalubong rin ng ating punong pastor Rev. Dr. William Sy ang ilan sa kapatiran mula sa UCF Mt. Tabor Church at maging ang mga dumating na bisita.



Sobrang blessed ko kasi naramdaman ko iyong presensiya ni Lord. Ang mga tao dito hindi ka binabalewala. Kaya pamilya ang dating sakin. Ang gumagalaw talaga dito ay si Lord.



Sulficia Mercado
Anniversary Guest



2 Timothy 4:2
(NKJV)

Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching.



Sa tulong ng Panginoon, ang lahat ng manggagawa ay naghanda upang ang selebrasyon ay maging pagpapala para sa mga magsisipagdalo.



Bago pa man magsimula ang pagdiriwang ay kaniya-kaniyang larawan ang lahat kung saan tampok din ang bagong disenyo ng panambahan.



Ang mga larawang ito ay ala-ala ng pagsama ng Diyos sa Kaniyang mga anak na nananatiling matatag dahil si Hesus ang kanilang pundasyon.



Matthew 24:13
(NKJV)

But he who endures to the end shall be saved.



'Oh, give thanks to the Lord, for He is good! For His mercy endures forever. ²Oh, give thanks to the God of gods! For His mercy endures forever. ³Oh, give thanks to the Lord of lords! For His mercy endures forever: Psalm 136:1-3 (NKJV)

UCF THANKSGIVING DINNER

Gabi ng pasasalamat sa Diyos

Matapos ang pagdiriwang ng ika-38 anibersaryo ng panambahan ng UCF, isang *thanksgiving dinner* naman ang isinagawa noong Pebrero 24, Lunes, sa Vikings Luxury Buffet, SM BF Parañaque na nilahukan ng higit sa isang daang miyembro at manggagawa ng panambahan at ilang mga bisita.

Nagbigay din ng pasasalamat si UCF Head Pastor Rev. Dr. William Sy sa bawat manggagawang tapat na naglilingkod at sumusunod sa Panginoon. Hinikayat din niya ang lahat na magpatuloy bitbit ang *mission* at *vision* ng UCF mula sa Panginoon at sama-sama sa panglilingkod sa mga susunod na panahon.

Ang gabi ay napuno ng masasayang kuwento, masasarap na mga putahe at mga patotoo't pasasalamat sa Panginoon. Tampok din ang panunuod ng *live broadcast*, mga presentasyon at *same-day-edit video*, at maging pagbibigay ng *limited edition anniversary mug* at *shirt* na naging kagalakan sa lahat.

Prayer

Ang gawain ay sinimulan sa isang panalangin ng pasasalamat na pinangunahan ni UCF Administrative Pastor Rev. Dr. James Sy. Buong kagalakan ang nadama ng lahat sa natapos na anibersaryo ng panambahan.



¹⁷Pray without ceasing, ¹⁸in everything give thanks; for this is the will of God in Christ Jesus for you.

**1 Thessalonians
5:17-18 (NKJV)**



Raffle

Dahil 38 taon na ang UCF sa katapatan ng Diyos, 38 kapatid din natin ang nanalo sa espesyal na raffle draw. Sila ay makatatanggap ng commemorative mug at shirt ng selebrasyon ngayong Linggo.



Purihin ang Panginoon sa pagsasasama-sama ng Kaniyang mga anak na sa simpleng salo-salo ay mas nagiging makabuluhan ang bawat gawain.

Testimonials

Nagbigay din ng kani-kanilang patotoo ang ilang kapatid natin sa Panginoon sa pagiging bahagi ng UCF at maging sa kung paano sila kinasumpungan ng buhay na Diyos sa pamamagitan ng Kaniyang mga lingkod.



Buhay ang ibinigay ni Rev. Dr. William Sy kaya't buhay din ang bunga na siyang nagpatotoo sa kabutihan at kadakilaan ng Diyos sa yugto ng kanilang pagtalima sa Kaniyang Salita.

Dinner

Sama-sama at masayang kumuha ng mga putaheng nakabubusog hindi lamang sa tiyan bagkus maging sa mga mata ang lahat ng dumalo sa Thanksgiving Dinner. Kasama ang kapatiran mula sa Parañaque at Laguna, kita ang kagalakan sa bawat isa sa espesyal na pagtitipon. Tunay nga na ang mga anak ng Diyos ay pinagkaisa ng Panginoon ayon sa Kaniyang Salita at dakilang kalooban.



Matthew 22:37-38
(NKJV)

³⁷Jesus said to him, "You shall love the Lord your God with all your heart, with all your soul, and with all your mind."³⁸This is the first and great commandment.



Busog na busog sa iba't ibang pagkain ang lahat at maging sa kwentuhan at mga patotoo ng kapatiran. Wala ring mapagsidlan ang galak ng bawat isa na nagmumula higit lalo sa Panginoon.



Walang hanggang pasasalamat at papuri sa Diyos sa Kaniyang pagsama sa Kaniyang mga anak sa bawat araw. Tunay na Siya ay tapat noon at magpakailan pa man sa UCF.

³⁹And the second is like it: 'You shall love your neighbor as yourself.' ⁴⁰On these two commandments hang all the Law and the Prophets."

Matthew 22:39-40
(NKJV)



Kagalakan ang hatid ng pagtitipon-tipon na ito sapagkat hindi lamang sa kainan nabusog ang bawat isa bagkus ay sa presensiya ng Panginoon na namamagitan sa pamilya ng mga anak ng Diyos.



Hindi malilimutan ang pagkakataong ito na muling masariwa ng bawat isa ang kabutihan ng Panginoon sa simpleng pagsasama-sama habang nagsasalu-salo.



Nagbigay rin ng mahalagang mensahe si Punong Pastor Rev. Dr. William Sy sa kapatiran na sinundan ng isang panalangin na ang bawat isa ay magpatuloy na sumunod sa tawag ng paglilingkod.

Galatians 6:9-10
(NKJV)

⁹And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.
¹⁰Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith



Presenting Filipino LITERARY PIECES

United Christian Academy give life to notable Filipino novels and poems last Friday, February 28. Wearing their costumes portraying their individual characters, students grace on stage as they performed theatrical plays.

Each students from Grade 7 to 10 performed *Ibong Adarna*, *Florante at Laura*, *Noli Me Tangere*, and *El Filibusterismo* that was written by the famous authors. Practicing their scripts for the following weeks, making their props, and showcasing their acting skills is part of their creativity and excellence in

giving their efforts and time to discover their excellency. At the end of the program, each of the students from high school received an individual and group awards based on their performances. Certificates were given unto them as they stood out in their plays.

This event gave them the opportunity to showcase their talents and abilities. Surely, everyone has their own time to shine and be at their best in the process of learning holistically. All glory to God!

Ibong Adarna

The grade 7 students gave their best at portraying the characters of the book *Ibong Adarna*. They also display their extravagant wardrobe that they also made.



He who finds his life will lose it, and he who loses his life for My sake will find it.

Matthew 10:39
(NKJV)

Presenting the story about *Florante and Laura*, the students from Grade 8 were filled with emotions as they narrate the and bring life to its beloved characters.

Florante at Laura



Noli Me Tangere

A reflection of longstanding culture of Philippine literature, *Noli Me Tangere* captivates the young viewers as the Grade 9 performed it on stage.



The ultimate book of Dr. Rizal was characterized by the Grade 10 students who also poured out their talents while telling the story and the significance of the novel.

El Filibusterismo



Hebrews 6:7-8
(NKJV)

⁷For the earth which drinks in the rain that often comes upon it, and bears herbs useful for those by whom it is cultivated, receives blessing from God; ⁸but if it bears thorns and briars, it is rejected and near to being cursed, whose end is to be burned.

Awarding

The actors and actresses from different grade levels were given a certificate of recognition as individual and as a group for their efforts and abilities manifested all throughout the program. This was a great time for them as this will leave a good memory for all of their hardwork.



GRADE 7 | PINAKAMAHUSAY SA DISENYONG KASUOTAN AT PINAKAMAHUSAY SA MAKE-UP



GRADE 8 | PINAKAMAHUSAY SA DISENYONG PROPS



GRADE 9 | PINAKAMAHUSAY SA DISENYONG BISWAL



GRADE 10 | PINAKAMAHUSAY SA TUNOG AT MUSIKA

You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

Psalm 16:11
(NKJV)

All you who...

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⁸For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

In verse 9-10, David recognizes his own sin was behind the crisis he was in. God will forgive our sin if we confess and forsake it, but He doesn't necessarily remove the consequences. But even if our calamity is the direct result of our sin, we can still run to God for refuge and know that He will receive us!

We must never condone sin, but we must be careful not to condemn repentant sinners. Thank God that He is gracious and through the blood of Jesus forgives all our sin, or none of us could be here today! We need to encourage repentant sinners who are suffering those consequences, even then to take refuge in God's grace and love.

4. God is faithful and will not allow us to go through stress more than we can bear.

1 Corinthians 10:13

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

B. God is sovereign over our stress (our lives).

We must recognize and trust God's sovereignty over all things for all things to work in our favor.

Romans 8:28

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Joseph being sold by his brothers to slavery opens the opportunity to become Egypt's second in command.

Many times, we fail to understand the plans and purpose of God in our lives. Because we wanted to be in-charge of our lives, we fail to recognize God's sovereignty over all things.

In verse 15, David affirms God's sovereignty over all when he said, "My times are in your hand."

Ephesians 1:11

In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will.

When a tragedy hits us, God was not asleep or on vacation. His sovereignty is a great comfort in a time of trial. We can know that He has designed our distressing situation to teach us more about what it means to take refuge in Him.

James 1:2-4

²My brethren, count it all joy when you fall into various trials, ³knowing that the testing of your faith produces patience. ⁴But let patience

have its perfect work, that you may be perfect and complete, lacking nothing.

Conclusion

We must actively trust God even if we cannot see ahead.

Verse 14 - But as for me, I trust in You, O Lord; I say, "You are my God."

1 Peter 5:6-10

⁶Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷casting all your care upon Him, for He cares for you. ⁸Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your

brotherhood in the world. ¹⁰But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

Even Jonah (in the big fish belly) recites Psalm 31:6a - I have hated those who regard useless idols; (Jonah 2:8)

Jesus final words recites Psalm 31:5a - Into Your hand I commit my spirit; (Luke 23:46)

Our trust in God should result in praises.

Psalms 31:24

Be of good courage, And He shall strengthen your heart, All you who hope in the Lord.

SERMON NOTES

Write the points to remember from the sermon as you seek God in your life.

SHARE HIS WORD



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SUNDAY WORSHIP SERVICE
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8:00 AM - 5:00 PM

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