

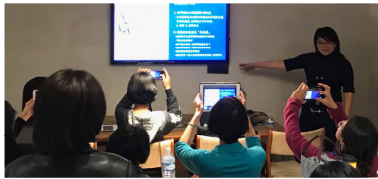
MCCH 2019 Thanksgiving Newsletter



Started the breaking through by prayer in September 2017 for ladies to claim victory in Christ



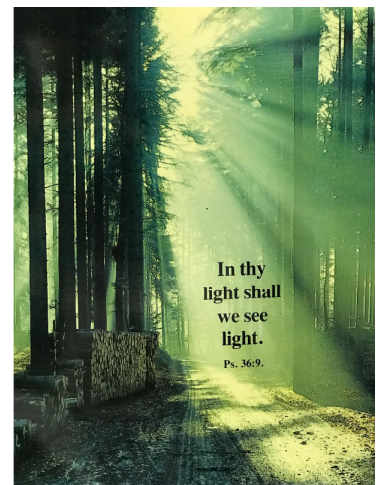
Launched teaching in Seattle, July 2018
Standing Victorious in the Spiritual Battle (SVSB) for students who are now career women



Crossing Lake Washington in July 2019, Anita Chang came to teach in Bellevue, a SVSB group comprising of Christians from different churches



Targeting Olympia, WA to form a SVSB group in September 2019



“In thy light shall we see light.”

Psalm 36:9



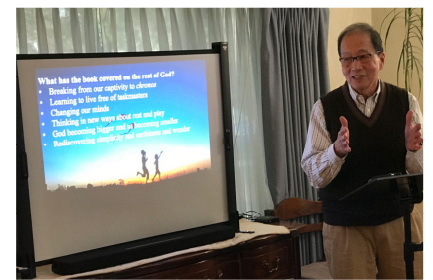
MCCH lit up the torch of prayer in disciples, homes and churches, This became a positive experience of risking to see how God breaks and transforms lives. As a result of seeing the power of the Holy Spirit working among us, we will resume teaching the 9 lessons **SVSB** in January and in July 2020.

It is with great joy and honor for MCCH Board of Directors to announce the addition of two servant team members, Carol Huei-Yuan Yeh and Anita Chang. Their main role at MCCH is teacher-mentor, serving under the supervision of Johnny and Sun Koo To.

We thank the Lord for Huei-Yuan's gifts in teaching and coaching as well as her passion for prayer, worship, cultivating the inner life and enjoying God's gift of rest. Shortly after coming to Seattle in 1988 Huei-Yuan became a Christ's follower and a strong biblical foundation through the seven years she invested in Bible Study Fellowship (BSF). In 2000 she completed her seminary training in Taiwan and served at Evangelical Chinese Church of SKC in their women ministry and bible teaching. Since 2007 till present, she regularly preaches at numerous Chinese churches across the state of Washington and serve as lead teacher at Chinese Christian Fellowship (CCF) Renton.

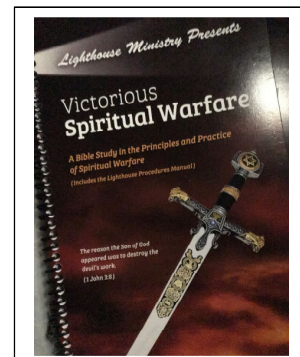
After Anita started her new life in Christ the Lord used her 20 years of participation at BSF to feed her soul with the Word and to strengthen her faith. At the Evangelical Chinese Church of Seattle she developed and used her gift in teaching, administration and hospitality to serve at their children ministry coordinator for 15 years. She started teaching *Standing Victorious in Spiritual Battle* over a year ago. As a result, many have benefitted from her gift of teaching and spiritual discernment. In the four classes that she taught, she rallied her students to seek the Lord to light up the flame of prayer and to be coached and to become coaches to help others experience their freedom in Christ.

Please pray that through Huei-Yuan and Anita's ministry the Lord can transform lives to build Christ-centered disciples, homes and churches, locally and globally!



New servant team members, Carol Huei-Yuan (left) and Anita Chang (center)

Contact us
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Jilong & Phoenix Liang
with baby Ethan

Why Many Christians Struggle Living Out Their Freedom in Christ

Why many Christians can't live in freedom as Jesus promises to his disciples in John 8:32? This is the question I ask myself daily in my counseling practice. In the past two years, I've seen Christian clients who are still living in bondages and struggling with different issues, such as depression and anxiety, addiction, unreasonable fear, anger problem, relational conflicts and so on.

No matter what their issue is, it seems their struggles reveal the same pattern, which is at different points of their life, they have believed in and filled themselves with false prophecies about their identity, their life calling, and their relationship with others including God.

For example, many people suffering from depression believe their worth is conditional and dependent on something apart from themselves, like their performance/accomplishment. As a result, they may have a low self-esteem and tend to beat themselves up when things don't go their way. The belief that our worth is conditional is a lie because the Bible clearly tells us God loves us not because what we do or who we are but simply because we put our faith in Jesus Christ, His only son, who died for us while we were still sinners (Romans 5:8) and through whom we were made alive (Ephesians 2:4-9).

However, the real barrier is not these believers don't know the truth well enough. On the contrary, many of them know God's words in their heart and diligently spend time in God's words on a regular basis. The real barrier, from my perspective, is these believers lack the awareness of recognizing the invisible forces underneath their struggles – the false prophecies they abide in over many years of their life. In counseling practice, identifying the false prophecies is what we call finding the root issue. In our Christian living, tackling the false prophecies is waging a war against the evil spiritual forces (Ephesians 6:12).

In other words, we can only change the superficial behaviors associated with one's struggle if we don't identify the root issue – fight the spiritual warfare, expose it to the light of God's truth and invite the Holy Spirit to bring transformation and redemption.

In the case of depression, we can help people work on self-esteem building skills, like positive self-talk, to help them feel better about themselves. But they will still stumble over the same lie again – they are not worthy enough; this lie will manifest in other areas of their life and may even trigger other mental health problems. For instance, they may struggle with fear of intimacy because they believe they are not worthy of love, or they may have anxiety because they are worried about how other people view them. What is more unfortunate is these dynamics will be translated into their relationship with God and cause them to doubt God's unconditional love and acceptance on an unconscious level. Therefore, the ultimate cost of abiding in lies is far more than poor mental health state, it will cost them the opportunity to develop a deeper relationship with God.

To explore the false prophecies that we have been telling ourselves, by the way, we all fall into this trap; we must exercise our muscle of spiritual discernment so that we can recognize Satan's schemes and attacks and develop a plan to fight back. In other words, deepening our knowledge in spiritual warfare provides a roadmap leading to true freedom. When we explore and identify generational sin patterns, family curses, open doors, unconfessed sins and injustice happened to us, we are removing the roadblocks preventing us from getting to the true freedom promised by God.

It's easier said than done, but it's possible. Instead of wondering aimlessly in the wildness of our various struggles, I invite us to turn toward the very trouble we are trying so hard to run away from. We can learn from it, listen to it and challenge ourselves to figure out how Satan has allured us into believing in the lies we now abide in. Only when we have the courage to face the underlying spiritual elements of our struggle can we pray and invite the Holy Spirit to come and redeem our brokenness. Phoenix Li MEd, MA, LMHCA (www.laperlacounseling.com)