



SEVENTH-DAY ADVENTIST CHURCH SUNNYSIDE

10 Days of Prayer.

10th January 2026



SEVENTH-DAY
ADVENTIST CHURCH
SUNNYSIDE

10 DAYS OF PRAYER

THEME: Unleashed!

7th January
17th January

17H30
18H30



Sunnyside SDA Church

ENGLISH & CHICHEWA SERMON

Preacher: Elder G.G Koloviko
Theme: Spiritual Stupor
Text: Rom 7:13-25, Matt 19:16-22, 2 Sam
11 & 22, Ps 51
Hymn: 118

P.O. Box 31560, Chichiri, Blantyre 3, Malawi, Africa
Email: sunnysidesdachurchmw@gmail.com

WORSHIP SERVICE NEXT SABBATH

SABBATH – 10TH January 2026

ENGLISH SERVICE 07:50 - 08:50

Children Sermonette	Mrs. B. Moyo
Preacher	Elder Koloviko
Sign Language Interpreter	Mr. Justice Makuluni
Singing Groups	Pilgrims
Chorister	C. Vomela
Pianist	Mr. Uladi
First Prayer & Last Prayer	Mr. H Chamba

SABBATH SCHOOL 09:00 – 09:30

Song Service & Sabbath School	Pilgrims
Sabbath School Lesson	All Group Discussion Leaders

ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50

Bible reading	TBA
---------------	-----

CHICHEWA SERVICE 11:00 - 12:00

Ulaliki wa Ana	Mrs. Makawa
Mlaliki	Elder Koloviko
Chilankhulo cha Manja	Mr. Justice Makuluni
Gulu Loimba	Pilgrims
Woimbitsa Nyimbo	C. Vomela
Woimba Limba	Mr. Uladi
First Prayer & Last Prayer	Mr. H. Chamba

AFTERNOON PROGRAM: Departmental Meetings

ELDER ON DUTY

Elder D.Mwandama

DEACONS / DEACONESSES ON DUTY

English Service

Mr H. Moyo	Leader
Mr L. Saidi	Member
Mr. H. Philip	Member
Mr. Kamwendo	Member
Mrs. M Thembachako	Member
Mrs. M. Seyani	Member
Mrs M Sabola	Member
Mrs Baloyi	Member

Chichewa Service

Mr. S. Phalira	Leader
Mrs. Chigwenembe	Member
Mrs Chakuamba	Member
Mr L Kazembe	Member

WORSHIP SERVICE NEXT SABBATH

SABBATH – 17th JAN 2026

ENGLISH SERVICE 07:50 - 08:50

Children Sermonette	Mrs. Banzi
Preacher	Elder C. Gondwe
Sign Language Interpreter	Justice Makuluni
Singing Groups	Faithful Love
Chorister	S. Kamwendo
Pianist	Mr. M Luwani

SABBATH SCHOOL 09:00 - 09:30

Song Service & Sabbath School	Faithful Love
Sabbath School Lesson	All Group Discussion Leaders

ANNOUNCEMENTS AND OFFERTORY 09:30 -09:50

Bible reading	TBA
---------------	-----

CHICHEWA SERVICE 11:00 - 12:00

Ulaliki wa Ana	Mrs. Chilunga
Mlaliki	Elder C. Gondwe
Chilankhulo cha Manja	Justice Makuluni
Gulu Loimba	Faithful Love
Woimbitsa Nyimbo	S. Kamwendo
Woimba Limba	Mr. M. Luwani

AFTERNOON PROGRAM: RELIGIOUS LIBERTY DAY

ELDER ON DUTY

Elder A Chipungu

DEACONS / DEACONESSES ON DUTY

English Service

Mr. S. Matiti	Leader
Mr. S. Nyahoda	Member
Mr. V. Chiumia	Member
Mr. W. Banda	Member
Mrs. I. Matiti	Member
Mrs. Nema	Member
Ms. Vomela	Member
Mrs. M.Chibwana	Member

Chichewa Service

Ms. T. Tembo	Leader
Mrs. W. Nseula	Member
Mr. Z. Meke	Member
Mr. Chabaluka	Member

LESSON 2: REASONS FOR THANKSGIVING AND PRAYER

1. The first lesson of the quarter clearly demonstrated how Paul was persecuted for the gospel. Yet, he had many reasons for thanksgiving and prayer, even as he was in prison, to discern God's work in his life. This week's lesson focuses on these reasons, which are given in detail below.
2. Being thankful for partnerships. Paul's letters to the Philippians and Colossians emphasize a great fellowship and shared participation in God's work that transcends geography and status. Thus, Paul addresses believers not merely as followers but as partners in the gospel (Phil 1 v.5). Christian ministry flourishes when believers see themselves as co-labourers, even in hardships.
3. Prayer for God to complete what He begins. Paul expresses confidence that God, who began a good work in the Philippians, is committed to bring it to completion (Phil 1 v.6). This assurance aligns with his prayer for the Colossians, that they may continue growing in spiritual wisdom and strength (Col 1 vs.9-11).
4. Christian growth is neither accidental nor self-generated; it is sustained by divine initiative. Thus, Paul models prayer as a primary means for nurturing churches and pastoral care. His prayers focus not on material comfort but on spiritual maturity, discernment, endurance, fruitfulness, love, causing no offense, and having the righteousness of Christ.
5. Be thankful and pray for others. Paul's prayers are "others-focused". Because he is facing repeated imprisonment and persecution, he could have been justified to pray for himself and even requesting the church to pray for him. Instead, he prayed for the church and its well-being, thanking God on their behalf. What can we learn from Paul's fervent prayers for Colossian believers, even if he never met them?
6. Paul could have easily nagged to be loved for being imprisoned for bringing the gospel to the Philippians and Colossians. Yet he prayed that they may abound "in knowledge and depth of insight" (Phil 1 v.9). Similarly, he asks that the Colossians be filled with the knowledge of God's will (Col 1 v.9). Knowledge without love can become arrogance, and love without truth can be shallow. Paul presents a mature integration of both to the Philippians and Colossians.
7. Being thankful even amid suffering and impure motives from others. Paul's imprisonment might appear to hinder the gospel, yet he insists and is thankful that it has actually advanced it (Phil 1 v.12). He also acknowledges that some preach Christ with impure motives as they exploited his imprisonment for selfish gains, yet he rejoices and is thankful that Christ is proclaimed (Phil 1 vs.15-18).
8. Prayer for strengthened endurance, not escape. Paul prays that believers be strengthened with all power to endure with patience and joy (Col 1 v.11). This resonates with his own experience of joyful perseverance in prison (Phil 1 vs.12-18). This teaches us that God's strength does not always remove hardships but equips believers to remain faithful within it.
9. There is power in prayer and in being intentionally thankful. Gratitude transforms prayer life from a mere monologue of needs to a conversation with God and listening to His voice (Psa 119 v. 105; Isa 30 v. 21), reflecting an awareness of grace, dependence on God, and recognition of His ongoing work. A thankful community is resilient, joyful, and mission-oriented.
10. The passages from Phil 1 vs.1-18 and Col 1 vs.1-12 are anchored in hope expressed by being prayerful and thankful, not merely as a reaction to good circumstances but a deliberate recognition of God's grace and peace. This future-oriented hope shapes present conduct, motivating faith, love, and perseverance. Hope is not escapism but a powerful force that fuels faithful living, sacrificial ministry, and joyful endurance. Next, we study life and death.

Upcoming Events

January 2026

1. 7th to 17th Jan 2025 - 10 Days of Prayer -
2. 17th January - Elders & Deacons Ordination.
3. 31st January - Children's dedications

BIRTHDAYS COLUMN

04th January 2026 to 10TH January 2026

Sunnyside Church members would like to celebrate the birthdays of the following brethren;

1. **Shawn Nyahonda - 9th January**

Note: Members who would like to share their Birthdays are kindly requested to register with the **Communications Secretary, Mr. A. Phuza, on 0999008697**

Announcements

1. We warmly welcome our visitors and regular Church members. Let us all observe reverence in the Church
2. 2026 Ten Days of Prayer started on 7th and will end on 17th January 2026. The theme is 'Unleashed'. All members are requested to attend from 5:30pm to 6:30pm.
3. This afternoon, we shall have Departmental meeting. All departments are requested to review their 2026 Budgets and plans.
4. On 17th January, we shall have the Ordination of Elders and Deacons.
5. On 31st January 2026, we shall have Children's Dedication. All parents with childrens that would like to be Dedicated are requested to register the names with the Children's Ministries.
6. From 23-25 We shall have a stewardship seminar by Romalinda University. All church members are requested to attend.
7. All members are invited to the weekly online Bible study every Wednesday, from 6:30 pm to 7:30 pm. Anyone with problems accessing the bible study should communicate with the communication department.

TRANSFERS IN- Final Announcement

1. Dorothy Mataya from Lilongwe Central SDA Church
2. Catherine Chingota from Kasupe SDA Church
3. Sangwani Harawa from Sector 7 SDA Church

Recurring Announcements

- Members are being encouraged to notify Head Deacon, Mr. T Kazembe, of any sickness or bereavement, for members to pray and be available for the concerned families.
- The Church would like to appeal to members who have been worshipping with us for more than six months, or will be worshipping with us for a long time, to contact the Church Clerk to have their names transferred to Sunnyside Church.
- Sunnyside Jesus Way meets every Wednesday and Friday from 5:30- 6:15 pm. All members who would like to attend are most welcome.

- 2025 SWM conference AYM Membership Fee Registration is as follows;

ADVENTURERS	PATHFINDERS	SENIOR YOUTH ABOVE 16YEARS
K1,400.00	K2,100.00	K2,800.00

- Announcements from Adventist Youth

Monthly Contributions are as follows;

Adventures	-K500.00
Pathfinders	-K500.00
Senior Youth(16 years above)	-K1,000.00

AY classes shall be held on Sundays.

- Both men and women, boys and girls, are reminded to dress responsibly, bearing in mind that as Children of the Most High come to God's house to worship in truth and in spirit. Therefore, need to dress appropriately as befitting Christians waiting for the second coming of Jesus Christ.
- Members are being encouraged to come on time for the Church services and encouraged to attend afternoon programs. English service starts at 07:30 am.

- **HEALTH DEPARTMENT**

The health department invites all members to Sports activities every Sunday, from 05:00 am, here at the church. This Sunday, everyone coming to the Sports should bring a notebook and a pen. The health department would like to monitor the progress of all participants.

- **MUSIC DEPARTMENT**

Sabbath Music Session: From 1:30 pm to 2:00 pm

Special appeal to Parents to ensure that their wards attend afternoon programs and are not outside during afternoon worship.

REMEMBER TITHE AND OFFERING

**PLEASE REMEMBER TO RETURN TITHE AND GIVE OFFERINGS
USE THE ENVELOPES FOR YOUR PLANNED TITHE & OFFERINGS**

JOURNEY THROUGH THE BIBLE

Reading from 11th – 17th Jan 2026

11/01/2026 - (2 Samuel 3)
 12/01/2026 - (2 Samuel 4)
 13/01/2026 - (2 Samuel 5)
 14/01/2026 - (2 Samuel 6)
 15/01/2026 - (1 Samuel 7)
 16/01/2026 - (2 Samuel 8)
 17/01/2026 - (2 Samuel 9)

Weekly Spirit of Prophecy Reading; Patriarchs and Prophets
 Chapter 56—The Earlier Judges

SABBATH PROGRAMS

ACTIVITY	TIME	
Teachers Lesson	6:45:am	7:20:am
Prayer Band	7:20:am	7:30:am
Song Service	7:30:am	7:50:am
English Service	7:50:am	8:50am
Song Service	8:50:am	9:00am
Sabbath School	9:00:am	9:30:am
Announcements & Offetory	9:30am	9:50am
Sabbath School Classes	9:50am	10:50am
Song Service	10:50am	11:00am
Chichewa Service	11:00am	12:00noon
Afternoon Program	2:00pm	4:00pm

REMEMBER TITHE AND OFFERING

**PLEASE REMEMBER TO RETURN TITHE AND GIVE OFFERINGS
 USE THE ENVELOPES FOR YOUR PLANNED TITHE & OFFERINGS**

Sabbath Health Reading- 10th January 2026

DENTAL HYGIENE

Common Types of Oral Conditions & Dental Diseases

Temporomandibular Joint Dysfunction (TMD)

Jaw injuries, long-term teeth grinding or clenching, and other medical issues can lead to [temporomandibular joint dysfunction \(TMJ\)](#). This group of disorders causes pain in the jaw joint when opening and closing the mouth. It can interfere with chewing, talking, and eating.

Around 10 million people in the US suffer from at least one TMJ disorder.⁷ Common treatments for TMJ include:

- [Mouthguards](#)
- Orthodontics
- Jaw surgery
- Physical therapy

Chapter 54—Samson

Summary of Judges 13–16: The Life and Mission of Samson

This chapter recounts the life of Samson, whose story unfolds during a time when Israel had fallen into widespread apostasy and was under prolonged Philistine oppression. Although God seemed silent, He was quietly preparing deliverance. In the town of Zorah lived Manoah and his wife, faithful worshipers of God. To Manoah's barren wife, the Angel of the Lord appeared, announcing the birth of a son who would begin to deliver Israel. The child was to be dedicated as a Nazarite from birth, requiring strict temperance, abstinence from wine and unclean foods, and the keeping of uncut hair as a symbol of consecration to God.

Both parents were instructed that their habits would directly affect the child's development. This divine emphasis highlights the responsibility of parents to exercise self-control, as physical, mental, and moral traits are transmitted to children. Temperance, discipline, and obedience to God's commands were essential for Samson's preparation. His extraordinary strength, later revealed, was not inherent but dependent on his faithfulness to God and his Nazarite vow.

As Samson grew, his remarkable physical strength became evident. However, his moral weakness emerged through association with the Philistines. Ignoring the counsel of his godly parents, he married a Philistine woman from Timnath, choosing personal desire over divine guidance. This alliance weakened his spiritual discernment and drew him into compromise. The marriage ended in betrayal and violence, provoking conflict between Samson and the Philistines.

Despite his moral failings, God continued to use Samson as an instrument of judgment. Empowered by the Spirit of the Lord, he performed great feats, including slaying a lion, defeating Philistine warriors, and later killing a thousand men with the jawbone of a donkey. Yet Israel failed to unite behind him, choosing submission to oppression over obedience to God. Even when Samson was raised as judge and ruled Israel for twenty years, the nation remained spiritually weak.

Samson's repeated indulgence in sinful relationships marked a steady decline. His visit to Gaza and later his relationship with Delilah revealed his inability to resist sensual temptation. Delilah, bribed by the Philistine leaders, persistently sought the secret of his strength. Though Samson initially deceived her, continued compromise dulled his spiritual vigilance. Eventually, he revealed that his strength was tied to his Nazarite vow, symbolized by his uncut hair.

When Delilah betrayed him, Samson was captured, blinded, and imprisoned. With his vow broken, the Lord departed from him, and he was reduced to humiliation and forced labor. In suffering, Samson recognized his weakness and repented. As his hair grew back, so did his strength, though his enemies remained unaware.

The Philistines celebrated their victory with a feast honoring their god Dagon, bringing Samson out for mockery. In a final act of faith, Samson prayed for strength one last time. He pushed apart the pillars supporting the temple, collapsing it and killing himself along with thousands of Philistines. In death, he accomplished more against Israel's enemies than during his life.

Samson was buried by his family, and God's promise—that he would begin to deliver Israel—was fulfilled. Yet his life stands as a tragic contrast between divine potential and human failure. Though physically the strongest of men, Samson lacked self-control and moral firmness. His story teaches that true strength lies not in power or passion, but in obedience, discipline, and faithfulness to God.

God's providence surrounded Samson from birth, offering every opportunity for success. However, willful compromise led to his downfall. The narrative serves as a warning that unchecked desires weaken character, while obedience safeguards purpose. Nevertheless, it also affirms that God's mercy remains available to those who repent, and that divine purposes can still be fulfilled, even through broken lives.

CHURCH LEADERSHIP

DEPARTMENT	ADVISOR	PHONE
1. Church Pastor	Ps. Dr. Katsekera	+265991684986
2. First Elder	Elder R Bunyani	+265999871055
3. Associate First Elder	Elder Mwandama	+265888300507
4. Finance & Proc Treasury	Elder R Bunyani	+265999871055
5. Deaconary Church Clerk Music	Elder Mwandama	+265888300507
5. Family Life Dorcus Fundraising	Elder A Chipungu	+265888857696
6. Strategic Planning Camp Meeting Church Development	Elder G Phuza	+265999587063
7. Personal Min Stewardship Publishing	Elder W Chilunga	+265887171665
8. Youth Min Children's Min	Elder Y Nseula	+265999974888
9. AMO Public Affairs & Religious Liberty	Elder B Supuni	+265999916300
10. Health Communication Education	Elder J Dzinga	+265981822542
11. Sabbath School PCM	Elder Z Matiti	+265888788098
12. Adventist Possibilities Int. Coordinator	Elder V Jere	+265997358586

DEPARTMENTAL LEADERS

DEPARTMENT	LEADER	PHONE
1. Head Deacon	Mr Kazembe	+265999954045
2. Head Deaconess	Mrs F. Bunyani	+265997162262
3. Church Clerk	Mr N. Pendame	+265999273825
4. Church Treasurer	Mr K Mtike	+265999173762
5. Church Dev	Mr W Mpinganjira	+265888200300
6. Fundraising	Mrs S Mwandama	+265881025122
7. Finance & Procurement	Mrs Betty Matandika	+265993784874
8. Personal Ministries	Mrs C Fatch	+265888209280
9. Dorcas	Mrs I Matiti	+265999949881
10. Adventist Men	Mr C Gondwe	+265888431825
11. Family Ministries	Mr & Mrs Koloviko	+265888204066
12. Health	Dr F Nyambi	+265999621106
13. Interest Coordinator	Ms E Khumala	+265992147227
14. Sabbath School Superintendent	Mrs B Chirombo	+265999308233
15. Communications Leader	Mr A Phuza	+265999008697
16. Stewardship	Prof Kululanga	+265883634604
17. Spirit Of Prophecy	Mr R Gomani	+265888455913
18. Religious Liberty	Mr C Gondwe	+265888431825
19. Music Director	Mr S Matandika	+265999867719
20. PCM	Mr P Chonzi	+265881265663
21. Children's Min	Dr L Kululanga	+265888851381
22. Young Adult	Mr A Chirwa	+265881337156
23. Pathfinder	Ms S Chumachawo	+265995473519
24. Adventurer	Ms L Makuluni	+265881388365
25. Camp Meeting	Mr Z Meke	+265999344467

CHURCH BANK DETAILS

FDH BANK, UMOYO BRANCH, BLANTYRE
(Main) Account Number - 1850000061481
(Building) Account Number - 1850000061497
Email address : treasure.sunnysidesda@gmail.com

church clerk email: clerk@sunnysidesdamw.com
sunnysidesdachurchmw@gmail.com