

Baptist Union of Great Britain Hong Kong Response Project Newsletter 23 – February 2026

Cantonese Worship & Prayer 2026

「隨風・起來」 — Following the Holy Spirit and Rising Up



In the afternoon of 10 January 2026, Cantonese-speaking brothers and sisters gathered at West Bridgford Baptist Church for the Cantonese Worship & Prayer meeting themed “Following the Holy Spirit and Rising Up” (「隨風・起來」). From 2–4pm, we came together to worship, listen, share, and pray, taking time at the beginning of the new year to refocus on God amid life’s uncertainties and pressures.

Through familiar Cantonese hymns and songs, Andrew led the congregation into worship, lifting our eyes to God and reminding us of His faithfulness and sovereignty. We sensed the presence of the Holy Spirit among us, and the worship prepared our hearts for reflection, prayer, and response.

Londy then shared a sincere testimony about meeting God in anxiety, uncertainty, and waiting after migrating to the UK. **Psalm 46:10** — “*Be still, and know that I am God*” — became God’s repeated reminder to her to stop striving and to trust that God is already at work. She also shared how God led her step by step into a part-time coordinator role with the Baptist Union Hong Kong Project, through which she has seen God opening doors for Hong Kong believers to integrate into local churches and serve together in His mission.

The sermon, delivered by Leo and based on **Isaiah 40:27–31**, was the main message of the afternoon. Drawing from his own early experiences in the UK, Leo spoke about feelings of doubt (疑問), lostness (迷失), and pain (難受) that many believers face. He reminded us that what humans see as strong is very small before God: the nations are only a drop in a bucket, rulers are like insects on the ground, and even the stars are created and named by God. Although we may feel weak and tired, God is always greater and gives new strength to those who wait on Him.



Leo also explained that waiting on God does not mean being passive. It means **tuning our hearts to God, learning patience, humbling ourselves, and walking in step with the Holy Spirit**. When we learn to listen and wait, God Himself strengthens us and leads us forward. Isaiah's words reminded us that while human strength fails, the everlasting God never grows weary, and those who wait upon Him will rise up like eagles.



The afternoon ended with a time of response through worship and prayer. Together, we prayed for personal needs, future direction, and the wider Cantonese community, committing everything into God's hands.

We thank God for His presence throughout the gathering. May we continue to learn to wait on the Lord, be still before Him, and rise again in His strength as He leads us forward.

After the event, we may ask how to help migrants, including Hong Kongers, **tuning hearts to God, learning patience, humbling, and walking in step with the Holy Spirit**.

For migrants' struggle, we always face many different issues, such as political changes, caring for family members in our home countries, missing home, and adapting to a different culture. There is often a sense of uncertainty, and sometimes we feel tired because the systems here are unfamiliar, even if we have stayed for a few years.

It is important to care for their inner emotions and bring them to God. We may not be able to solve the problems, but God is always with them.

In pastoral care, you can simply ask and listen:

- What are you going through?
- How are you feeling?
(If they cannot express it in words, you can invite them to draw a picture or choose a facial expression that shows how they feel.)
- How can I pray **with** you?

Praying with them and help them have some space for silent, listening to God.

For walking alongside together, welcome to join our online prayer meetings, next time will be **14 April, Tuesday**.

For more information or need a chat, please contact Sharon and Londy on sshek@baptist.org.uk or lchan@baptist.org.uk