

# What is the **BEST** **ADVICE**

your family has  
given you?



## God Knows Best

I was extremely anxious about a performance because I had stage fright. **Mum** assured me saying, "Leave everything in God's hands and things will turn out okay because He knows what's best for you."

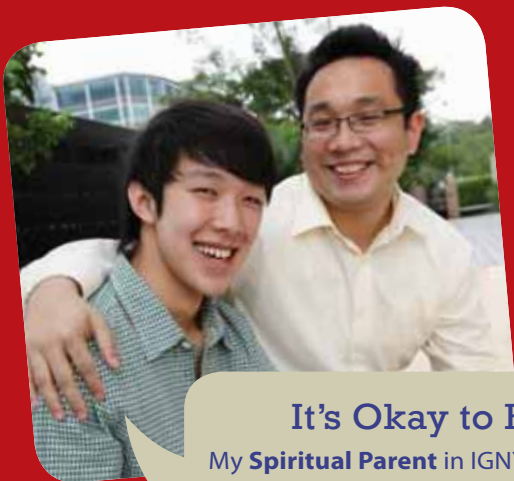
**Claudia Yong, 14,**  
*secondary two student*



## Safety First

"My **Gong Gong** always tells me to be safe. He tells me not to be too friendly with strangers or follow people that I don't know. He also always tells me that I cannot sit in his car without the seat belt or stand on a stool to look out of the window. It can be dangerous!"

**Josthan Chua, 5, preschooler**



## It's Okay to Fail

My **Spiritual Parent** in IGNYTE, Brother Samuel, is someone who has impacted my life. He often encouraged me with this: "Whenever you face difficulties, learn and grow from it."

**Tan Jie Kai, 16,**  
*secondary four student*

## Focus on Jesus

When I faced difficult moments during my Polytechnic days, Sister Wai Wai, my then-**Spiritual Parent**, taught me to place my focus in God – and to see what the power of prayer could do.

**Jane Ha, 25, programmes executive**



The words of our loved ones at times seemed more like admonitions than advice, but later we discovered how wise their words were. Hear from these eight Trinitarians and realise that you too can be that godly influence to your children and spiritual children.



### Contentment is Great Gain

**Dad** always tells me, "If you're full, don't force". It applied not just to eating, but also in life's many choices. It taught me contentment and self-control.

**Esther Ng, 21, undergraduate**

### You Reap What You Sow

The best advice I've gotten from my **dad** was not spoken; rather, he shared that advice by living it out for me to see. My dad advised me to not be lazy but to work hard for whatever I wanted.

**Wong Ming Fai, 32, IT consultant**



### Loosen Up

My **elder sister** used to say, "Don't demand so much of yourself. Take things easier."

**Wan Chi Keung, 29, engineer**



### Cherish Your Loved Ones

"No matter how busy you are, you have got to make time for your wife and family"; **mum** always said.

**Wan Tat Liang, 33, business development executive**

