

Worship Service: 10am, 160 Paya Lebar Road, Orion@Paya Lebar #04-06, Singapore 409022
Sunday School: 11.45am, Prayer Meeting: 8pm Wednesday
Pastor Jack Sin at 91160948 and jacksin710@gmail.com
Elder Loke Tat Luen at tiloke822@gmail.com

The Mental Health of Believers

Mental health is as important as spiritual or physical health. There are many people who have psychological or mental issues in this country and are in need of counselling and professional assistance. Our minds can be influenced by what we see, read, hear, experience and are bombarded with all kinds of thoughts daily. Let us meditate on Phil 4:1-8 and 2 Cor 10:1-5 and consider a “think-list” as a basis for our thought life. The following are 4 P’s for our consideration.

We are to think of:

1. **Pure thoughts.** This is opposed to unedifying and unhelpful thoughts that do not build up faith and holiness in the Lord. Paul gives us a list of things to dwell upon in Phil 4:8, things that are “*pure, praiseworthy and of good report*”, among others.
2. **Positive thoughts** that promote love, hope and joy in the Lord, and not negative thoughts that draw us away from God.
3. **Peaceful thoughts** that are glorifying to God and not thoughts of vengeance, hatred, anger or frustration. There is to be also careful regulation of our thought life.
4. **Purposeful thoughts.** Paul speaks of being transformed by the renewal of our minds in Rom 12:2. We need to daily concentrate and focus on the Word of God to build up sound knowledge and faith and for the advancement of His kingdom.

In my counselling experience, I have heard from youths and even adults who shared of hearts and minds being disturbed by unhelpful thoughts which affected the spiritual and physical well-being, including adverse impact on their studies, work, family and relationships. We need to seek the Lord for His guidance in His Word in this matter.

We need to pray and fully consider how we may regulate and manage our mental life with a spiritual and biblical perspective by the help of the Holy Spirit.

Let us, at the end of the year, ponder deeply over these things and discipline our minds into a God-honouring and healthy mental life. Rom12: 1-3.

Jack Sin

Thanksgiving and Report for Mission Trip to Bangalore Dec 2019

"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost." (Mt 28:19)

From 9 to 16 Dec 2019, Dr. Jack Sin, Angie, Kin Kheng, Say Poe, Eld Jeffrey Cheong (*Gospel light BPC*) and I (*Fishermen of Christ*) answered the call from the Lord to a mission trip to Bangalore.

We ministered at 4 churches:

1. New Covenant Bible-Presbyterian Church of India (Pastor Babu)

- 11-12 Dec: 2D/1N Family Retreat at Nirjhari Conference Centre attended by almost 40 campers on "Building a Covenant Family" by Pastor Jack. Eld Jeffrey taught the children while other mission team members led in songs and games.



- 15 Dec: Sunday Worship Pastor Jack preached and interpreted by Pastor Babu into Kannada.

The order of worship service was as:

Opening prayer	Ps Babu,
Singing and Praising	Church Choir
Scripture Reading	Bro Ashok
Sharing and Prayer	Congregation
“To India with God’s Love”	Mission Team
Testimony	Say Poe,
Carol Singing	New Covenant Children,
Sermon	Rev Jack Sin,
Prayer & Benediction	Rev Jack Sin,
Acknowledgments	Pastor Babu.

Rev Jack preached from Neh 4:1-9 on the following “3 Precepts for Church Growth”:

- **Mind to Work:** A determination to do something for God and not give up easily
- **Heart to Pray:** Pray to God sincerely and fervently
- **Eye to Watch:** Ready to fight with evil in the strength of God, alertness for the return of Christ and the enemy's attack.

- 15 Dec: Children Christmas Outreach in the afternoon with almost 50 children attending the program that included a Christmas video, Bible lesson, games, craft and songs.



2. Maranatha Baptist Bible College (Rev Mathai) - The teaching of a one credit hour course on the epistle of Jude by Pastor Jack to more than 70 students and faculty members on 13 Dec. Some students have already travelled home for the Christmas break. We brought chocolates and stationery sets contributed by a brother as gifts to the staff and students.



3. Calvary Reformed Church (Pastor Lazarus) Children Outreach to about 67 children by the mission team on 14 Dec.

4. Covenant BPCI (Dr George Skaria). We joined their Christmas carolling on Sun 15 Dec, visited 4 homes of new church members/worshippers and had blessed fellowship with the Covenanters.



Team Involvement & Activities

During the mission trip, the team had the following events:

- Morning group devotions by Eld Jeffrey, Pastor Jack and 1
- Conducted Ice breaker games at the Family Retreat.
- Testimonies at the Family Retreat (Kam Weng) and worship service at New Covenant BPCI (Say Poe)
- 3 messages at the Retreat: "The Spiritual Ingredients of Happy Marriage", "The Joy of Building a Covenant Home, and "Foundations for a God-honouring Covenant Family" by Pastor Jack".
- Children activities for both Family Retreat and Children Outreach - Singing, Crafts, Games, Storytelling and Video Show and the sharing of the gospel by the mission team .
- At the Seminary the study of the Book of Jude by Pastor Jack.
- Christmas carolling with Covenant BPCI to 4 families from 2000hrs to 0030hrs.
- A one-day sightseeing walking tour of Bangalore City Centre, shopping to purchase gifts, accessories for games, and visit to an OM bookstore to purchase Christian books and souvenirs.

Spiritual Lessons

The following are snippets of what I have learnt:

(1) Morning Group Devotions:

- The 3 P's of Ps 16:11. The Lord leads us to the *Path of life*, we have the *Presence of God* and we are to enjoy the *Pleasures of His Grace*
- The Pleasant and Blessed of Unity in the church in Psalm 133
- The Complete Obedience to God, not selective obedience in 1 Samuel 15:17 – 23.
- To Love God and Love your Church, knowing other church's progress in 1 Timothy 3:6 – 1..
- Lessons learnt from 11 co-labourers of Paul in Col 4:7-17.



(2) Family Retreat:

- A succinct Precept for Foundations of a Covenant Family, namely ABCD
Authority of Head of the House
Biblical content
Communication pattern
Devotion to God and Discipline

The 5 S's as an example/format of how to lead in family worship:

- S**ing
- S**cripture reading
- S**haring
- S**upplication (Pray for each other)
- S**nack (Optional).

- (3) The carolling to 4 homes was my very first experience. We were all edified by the Word of God preached by Pastor George and Pastor Jack and the fellowship in Christ.



Conclusion

Thank the Lord for this wonderful trip of blessing to me and others. It is His grace and His calling for me to be part of this Mission Trip to Bangalore. Amen.

In Christ,
Yue Kam Weng
Member of SHBPC Mission Trip to Bangalore

Thanksgiving and greetings from Pastor Lazarus



I thank God for your safe trip and thank you so much for your visit to Calvary Reformed Church and the meaningful children Christmas programme. May God bless and reward you for your mission work at India.

We thank you so much for your love and financial gifts to the church and our family.

Let us continuously work together to fulfill the Great Commission of our Lord and Saviour Jesus Christ. Looking forward to your love and prayers.

Pastor Lazarus and family.
Calvary Reformed Church
Bangalore India

Announcements

1. Rev Jack Sin speaks today on "Walking & Working Well in the Lord" (2Thes 3:1-18) and next Sunday on "Living Life to the Fullest". (1 Jn 5: 1 - 12)
2. Christmas Eve Baptismal and Gospel Service is on 24 Dec 2019, 8pm. The message is on "The Great Heavenly Incarnation" by Rev Jack Sin. There will be Christmas carol singing at 7.30pm. Bring someone!
3. Batam Mission Team will be at Filadelfia BPC on 25 Dec to minister at the Christmas Gospel Service and Orphanage. Pray for a profitable time of ministry.
4. Watchnight Service will be on 31 Dec at 8pm. Flyers are available at the counter for you to invite someone.
5. Sunday School class after Worship Service at 11.45 am till 12.30 pm.
6. Prayer meeting continues on this Wed, Christmas Day, at 8pm in church.
7. The next Sovereign Hope Fellowship meeting will be on Sat, 28 Dec 2019 at 3pm on "How to Study the Bible Profitably".
8. Dr George Skaria of Covenant BPCI and Pastor Babu of New Covenant BPCI send their greetings to the Session and members of SHBPC.
9. Sunday messages are recorded on video format. If you are interested to have them, please contact Albert.
10. Those who have a testimony to share may submit to pastor for the weekly.
11. Fide Vitae Resources is having a 20% Christmas Sale from 1 – 24 Dec. Those interested can purchase your books through Shawwna/Angie.
12. Pastor is available for counselling anytime at 91160948 (hp).