

Address: 160 Paya Lebar Road, Orion@Paya Lebar #04-06, Singapore 409022
Sun Worship Service: 10am, Sun School: 11.45am, Wed Prayer Meeting: 8pm
Website: www.sovereignhopebpc.org
Rev Dr Jack Sin: 91160948 (hp) / jacksin710@gmail.com
Elder Loke Tat Luen: tloke822@gmail.com

Unpacking the Make-Up of A Disciplined & Sanctified Mind



We live in a post-modern age where the mind is bombarded with excessive overload of information as never before. Due to the advent of the IT and the worldwide internet and ubiquitous social media, both children, youths and adults are overwhelmed with the effects of modern technology and now even AI through ChatGPT and DeepSeek. **Mental health was given much attention after the crisis of COVID 19 in 2020 where we focused on the physical recovery of those affected and may have inadvertently neglected the psychological effects of it and we need to do our part too to remedy that.**

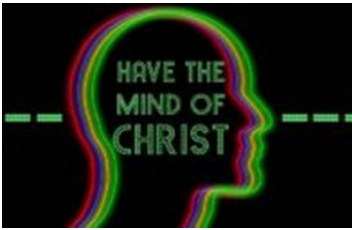
Strait Times has an insightful article on 16 June 2025 entitled ***"Chemotherapy kills cancer but who heals the soul?"*** by Dr Akhil Copra a consultant psychiatrist is worth reading.

2 Tim 1:7 says, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." One of the positive effects of a regenerate life is also a transformation of the renewed mind (Rom 12:1-2). It is part of the total sanctification process that a redeemed child of God develops his or her God-given faculties including the mind. Isaiah says in Isa 26:3-4, *'Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.'*

Lowliness of the Mind

When a person is regenerated in his or her heart by the Holy Spirit, one of the faculties that will be changed subsequently is his or her mind. In Rom 12:1-2, Paul speaks of believers being transformed by the renewing of their minds. God effectually sanctifies the mind. We were told by Jesus in Matthew 22:37-38, that we are to "... love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind." What constitutes the Christian mind? Consider the following scriptural precepts on the discipline of a Christian mind.

Firstly, it is the expressed instruction of Paul in Phil 2:5, *"Let this mind be in you, which was also in Christ Jesus."* What is the mind of Jesus? Consider verses 6-8 in its proper context. It is a mind of humility and lowliness. It is a servant's (or a slave's) mind.



Phili 2:3 reads, "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves." *Kenow* (linguistic key to the Greek NT) means to 'empty oneself'. Christ emptied himself of His glory (not His deity) during his 3½ years of public ministry on earth. It is neither a haughty nor arrogant mindset but one that is meek and lowly (Matt 11:28-30) and that will revere God and respect others. Paul

exhorts the same in Rom 12:3, "*For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.*" A humble and lowly mind is befitting a redeemed sinner who acknowledges the Almighty God and sees the depravity and wretchedness of his own soul.

The Mind to Magnify God

Secondly, it is a mind that exalts, glorifies, honours and puts God first in his/her life.

Our Christian ladies are encouraged to wear the mind figuratively as an ornament in 1Pet 3:3-4. In Col 3:2, we are admonished to "*set your affection on things above, not on things on the earth.*" The verb here is *phroneo* (see



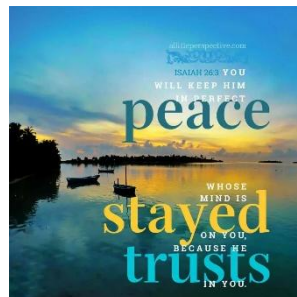
linguistic key to the Greek NT) which can be rendered to be 'minded of' or 'to think'. It is a mindset that is fixed on eternal things not on earthly temporary enjoyments and reward, not on the occult (i.e. Tarot cards, yoga, astrology, horror movies and addictive on line RPG games and unedifying and immoral websites), worldly pursuits, (movies, gambling and obsessive HP gaming) pleasure, (shopping on Alibaba, Taobao for fashions, worldly music like Spotify) inordinate pursuit of wealth and other unhelpful secular interest (i.e. anime, cosplay, human idol worship, drinking alcohol, coarse jokes and meaningless chatter and vaping and drinking alcohol in night spots).

The matter of priorities in our life will determine what occupies our hearts and minds (Matt 6:21-33). The right priority is a most needful thing today in a world of tempting materialism and secular, fleshly pursuits. What comes first to you? What saturates and occupies your mind most of the time? Do you have this kind of a spiritual mindset? Strive to cultivate a heavenly mindset (2 Cor 4:18) in your life clearly and be not enthralled and enamoured by the enticing and seductive things of this fleeting and ephemeral world. Rather, let us live for eternity and make our lives count for Christ. Richard Steele properly warns us of wandering thoughts even during prayer or worship.

The Mental Faculty for Persevering Prayer

Thirdly, it is a mind that has the peace with God as a result of fervent and frequent prayer (Rom 5:1-8). Look at Phil 4:6-7 "*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your*

hearts and minds through Christ Jesus." The same is said in Isaiah 26:3, *"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."* Do you have a mind of tranquility, peace and joy in the Lord or is your mind full of turmoil, paralysed with irrational doubts and neurotic anxiety? The Christian mind is a mind of prayer first and then peace (Jn 14:27), love, contentment in whatever state we are in. The reason is because the mind is stayed on Christ. A life of constant depression and great disturbance in our mind are not the will of God for us but the malevolent snare of Satan. A mind of peace comes from a repentant and contrite heart, full of the Word of God, walking in the Will of God and seeking to please Him always, which is God's delight. A sound or disciplined mind (2 Tim 1:7) and a mind of prayer, peace, joy and trust despite capricious circumstances (like Paul) are what God would have for us.



The Fervent and Ready Mind to Serve

Fourthly, it is a mind of active service and readiness. The Apostle Peter exhorts us in 1Pet 1:13, *"Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ."* It is a mind of action and preparedness that is focused on the things of God. The imagery here refers to the ancient oriental custom of tying one's loose flowing robes in the process of getting ready for hard work. An almost equivalent contemporary metaphor

will be *"let us roll up our sleeves and get ready to work in the business of the Lord"*. Rom 12:11 says, *"Not slothful in business; fervent in spirit; serving the Lord."* Are you always prepared and willing to serve the Lord with a ready mind? It is a mind of diligence, discipline and industry, not slothfulness and ill-discipline. With what spirit do you carry out the work of the Lord daily? Is it with an idle, indolent mind or an alert, vigilant and enthusiastic mind? Remember an idle mind is the devil's workshop. It is wise for Christians to follow the example of the ant in Prov 6:6-11 (and not the pig) where Solomon used as an imagery of industry and organisation.

Diligent & Undistracted Mind

Fifthly, it is a disciplined mind. Paul in 2Cor 10:5 says, *"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ."* To bring to captivity every thought to Christ means *'an undistracted mind'*, no vain thoughts, worldly or otherwise, no wandering thoughts. A subjection to Christ in our thought life is absolutely necessary for holiness and godly living (2 Cor 7:1).

Satan can manipulate our minds too if we allow him to. The process of Christian sanctification includes that of an increasingly sanctified mind being moulded through the meditation of God's Word. It is not an idle mind or one that is easily distracted by the world. Not a deadly mind magic of positive thinking (or self-esteem) as taught by Norman Vincent Peale (who was found to be a 33 degree freemason

when he died) or the unbiblical Possibility Thinking by the late Robert Schuller, a liberal (whose church went bankrupt) but a diligent and disciplined mind, a mind of prayer and peace; a mind that honours God first and a ready mind for active service and mind to read the Word. Strive to cultivate and engender such a Christian mind in our lives with the help and guidance of the Holy Spirit who indwells within us (Eph 5:15-17). Do not let sensual, worthless, lustful thoughts occupy your mind but rather "...be renewed in the spirit of your mind" (Eph 4:23). Paul advises us in Phil 4:7-8, *"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."* Remember that an idle mind is a devil's workshop and Thomas Watson says, *"An idle mind tempts the devil to tempt us."*



Nurturing Godly Habits of the Mind

Our minds are affected by what we read or focus on. Set aside time to read the bible daily and be closely acquainted with the everlasting word of God thoroughly and hid it in your heart (Psa 119:9, 11, 115) but read also the content of other good Christian books. The world is full of books and other literature but many are so ill-written or with unsound content that they may not be worth reading at all, **it is beneficial for a child of God to be acquainted with the inspired and authoritative book that God had authored called the holy bible. Other Christian books that are edifying can have a contributory role to the spiritual and intellectual development of the mind. Challenge yourself and be diligent and make a conscious effort and see how the Spirit of the Lord can transform your mind and do not let the evil one have control over your mind.** Rom 12;1,2

The author would recommend that you read edifying devotional and theological books by authors like Spurgeon, Whitefield, Edwards, Turrentin, William Ames, JC Ryle, AW Pink, Lloyd Jones, John Bunyan of Pilgrim's Progress, John Foxe in Foxes Book of Martyrs, the Reformers, like Calvin, Bullinger, Tyndale, Beza, and Knox and the puritans like Thomas Watson, Vincent, Brooks, Baxter, John Owen and recent writers like John MacArthur, Peter Masters, Joel Beeke, Sinclair Ferguson and others. Visit also the relevant Christian sites that warn us of false teachings of the end times, teaches reformed doctrines, warns us of the New Age, cults and the occult. Read Matthew Henry or Mt Poole Commentaries, Church History by Sheldon or Philip Schaff or WA Rylie, Creeds and Confessions by Beeke, and reliable devotional guides like that of Daily Remembrancer, Sword & Trowel, Evangelical Times and many others where there are **doctrinal and devotional resources to feed the mind with spiritual food. Let it be a healthy and vigorous exercise of our mental abilities, sharpened and nurtured for the Master's use when needed one day at the right time.**

Focused & not Scattered Mind

God has given to us a sound, sanctified and focused mind that we are to use to listen to edifying messages and to meditate on His Word and other edifying literature. It is not meant to be an idle or an indifferent mind to the Word of God. We are exposed to different situations and stations in life which has rich and varied lessons for us to glean from, that they may help us to develop and enlarge our minds for the use of the Lord. Be sensitive and teachable during the didactic moments of life and grow intellectually in the Lord. *"Commit thy works unto the LORD, and thy thoughts shall be established"* (Prov 16:3).



Develop and discipline our minds for our spiritual nourishment and subsequently to that of others. Matthew 22:37-38 speaks of loving God with our mind as well. Paul has said well in 2 Cor 10:4, 5, of spiritual warfare is not of the flesh but of thoughts to be brought under control. Let us make a conscious effort to exercise our God-given faculties and nurture them for the advancement of the kingdom and to the edifying of the saints.

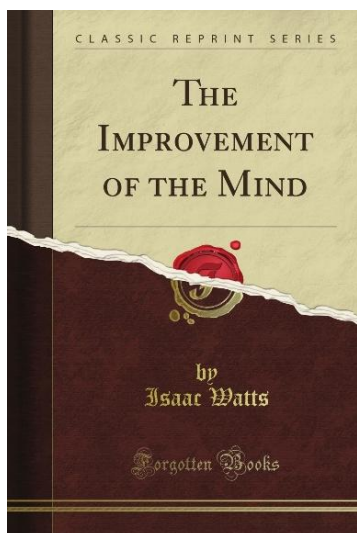
Conclusion

Mental Health Is a matter of grave concern In Singapore and other countries which should not be ignored, and believers are not spared, and we have a sacred duty too. We live in a fallen and depraved world with many real and virtual distractions that

surround us in these last days. Almost invariably, some Christians may be unsettled and perplexed in their minds. There are many who are easily distracted, depressed and stressed out with many mental burdens. There are many legitimate concerns in our lives, but we also must bear the responsibility to train and discipline our mind against the many unhelpful mental intrusions made each day into our thought life. **The believer has the promise of a sound mind (available to all) whose mind is stayed on Christ (Isa 26.3-4). Lay your affection (or minds) above and not below and love the Lord and His Word with all our hearts, mind and soul.**

Jack Sin

(For a deeper study, read Isaac Watts, Improvement of the Mind, Soli Deo Gloria, 1998)



Church Camp Thanksgiving



A Wake-Up Call Not to Be Ignored

“Wise Or Foolish Living in a Smartphone Era” was the theme for 2025 Sovereign Hope BP Church Camp. It was held @ Forest City, Marina Hotel in Johor from June 10-13. All the 29 campers were well-fed with spiritual food from such an appropriate topic in this time and age. Besides benefitting from the messages delivered by Rev Tan Eng Boo, the food was sumptuous for our physical growth, the fellowship bonding with the brethren was as strong as forging new friendships.

Nothing happens by chance. It was the work of the Holy Spirit that convicted me of my sins which burdened me prior to the Camp date. It was God’s wake up call for me to return to Him by attending the Camp in order for me to share my testimony, thus, glorifying Him.

I became very defiant and threw caution to the wind. I was not interested in God’s word or work! I allowed myself to be controlled by the tight grip of addiction to playing games on the handphone. Although I was fully aware of the danger of the addiction that I was getting myself into, God actively seeks to rescue and restore me. God is my Good Shepherd. He is very much in control. He sends me reminders like, *‘An idle mind is the devil’s workshop.’* And Col 1:10 *‘That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God’*, Matt 6:33 *“Seek ye first the kingdom of God”* and Rom 12:11, *“Not slothful in business; fervent in spirit; serving the Lord.”*



Yes. Technology has its place in society. But, it will be disastrous if it becomes the master. Once we sincerely acknowledge the problem, Jesus welcomes our prayers of confession and forgives us immediately. (1John 1:9) I give thanks to God for this experience and to help me abide in Him wholeheartedly.

ALL GLORY and PRAISE to GOD. Amen.

Han Kin Kheng

*entesque habitant morbi tristique senectus et netus et
ada fames ac turpis egestas. Nunc ac magna
vitalis massa adipiscing est tacinia soc
massa, mollis vel. tem*

SACRED MEDITATIONS ON CHRIST AND THE COMING OF THE ANTI-CHRIST

LORD'S DAY PROGRAM FOR JULY TO SEPTEMBER

JULY

- 6 Followers and Examples of Christ (1 Thes 1:1-10)**
- 13* The Place of Spiritual Caregivers (1 Thes 2:1-12)**
- 20 The Proper Reception of the Word (1 Thes 2:13-20)**
- 27 True Partnership in the Gospel (1 Thes 3:1-13)**

AUGUST

- 3 Sanctification Explained & Practiced (1 Thes 4:1-12)**
- 10* Anticipating Christ's Second Coming (1 Thes 4:13-18)**
- 17 An Important Apocalyptic Warning (1 Thes 5:1-11)**
- 24 Divine Imperatives to All Christians (1 Thes 5:12-28)**
- 31 Be Worthy of His Calling (2 Thes 1:1-12)**

SEPTEMBER

- 7 The Coming & Nature of the Anti-Christ (2 Thes 2:1-12)**
- 14* Case to Stand Fast in the Last Days (2 Thes 2:13-17)**
- 21 Walking & Working Well in the Lord (2Thes 3:1-18)**
- 28 GOSPEL SUNDAY:
Living Life to the Fullest (Jn 10:1-10)**

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SOVEREIGNHOPE
MINISTRIES

PASTOR JACK SIN +65 91160948 | SOVEREIGNHOPEBPC@GMAIL.COM
WWW.SOVEREIGNHOPEBPC.ORG | 160 PATA LEBAR ROAD, ORION@PATA LEBAR #04-06 SINGAPORE 409022

Memory Verse

1Thes 1:9 For they themselves shew of us what manner of entering in we had unto you, and how ye turned to God from idols to serve the living and true God;

Announcements

1. Welcome to our Worship Service! If you are here for the first time, do leave us your contact numbers in our guest book before you leave. Those who share the church vision to acquire a place of worship in due time, may designate your offerings to the SHBPC Church Building Fund.
2. Bro Joseph Wee brings us God's Word this morning on "**Followers and Examples of Christ (1Thes 1:1-10)**", starting a new quarterly series on "**Sacred Meditations on Christ and the Coming of the Anti-Christ (1 & 2 Thess)**".
3. Next Sunday, Pastor will bring us on God's Word on "**The Place of Spiritual Caregivers (1Thess 2:1-12)**".
4. Sunday School classes after the worship service are:
 - Special Topic (Joseph)
 - Studies in Job (Dr Kwong Leen)
5. Chinese Fellowship meets on every Sunday night at 7pm via Zoom with both local and overseas brethren. We have systematic studies on New Testament Foundations and the Psalms. **[Zoom ID:883 9662 4157 Passcode: 218178]**.
6. Do send your prayer items to Pastor and join us for Church Prayer Meeting on Wed at 8pm via Zoom. The prayer list is available in church. **[Zoom ID:863 7527 5431 Passcode: 625551]**.
7. The **All Asia Creation Ministry International Conference "Teaching Genesis 1-11 History & Science" 22 & 23 Aug** at the Salvation Army Hall (Upper Bukit Timah). Keynote speakers: **Dr Don Batten** (CMI), **Rev Dr Jack Sin** (Sovereign Hope BPC), **Dr Andy McIntosh** (University of Leeds), **Dr Mona Bias** (East Asia School of Theology). Other session speakers from Australia, Hong Kong, Indonesia, Japan, Mongolia, South Korea, Taiwan, United Kingdom and USA. Kindly register with Dn Yue Kay or via the website.
8. Pray for:
 - **Pit Yuen: Nephew Sean's** continuing studies and internship at Harvard University amidst visa concerns.
 - **Lily Almon:** Singapore Citizenship Application
 - **Ministries: Joseph & Rachel** (AMK Gospel Peace Station & Hokkien Ministries), **CMI Conference** (Aug 22 & 23, Singapore)
 - **Travels: Pastor/Angie/Dr Sam** (30/6-7/7, Brunei Ministry), **Dr Sam** (returning to Wenzhou on 8 Jul)
 - **Medical: Simon** [liver issues and depression], **Pit Yuen** [medical investigations], **Dr KL & CP's grand-daughter Zoe** [jaundice], **Mrs Philip Heng** [stroke recovery]
9. Love gifts, Offering and Tithes to the Lord can be given in the following ways:
 - **Cheque** payable to **Sovereign Hope Bible Presbyterian Church** and mail to church address. (Kindly write the full name of the church as indicated.)
 - **Fund transfer** to Church **UOB Account 392-308-825-1**
 - **PayNow** to Church **UEN: T19SS0116FSOV**Kindly indicate "**Church Building Fund**" if you would like to designate towards this cause.