

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
Eld Tan Yue Kay: 97450311 (hp) / tanyuekay@gmail.com

The Mark of Temperance

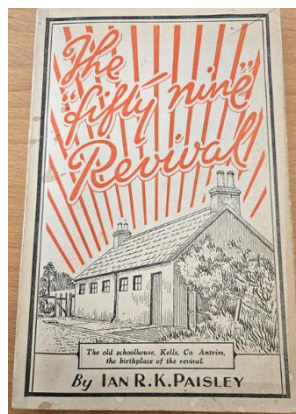
2 Peter 1:5-8 says, *'And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.'*



The Spirit-filled Christian has spiritual power and victory over sin and an ability to grow in godliness and sanctification (2 Pet 1:3). We are called to develop Christian virtues and character according to the grace of God. Peter speaks of giving all diligence to this matter. Firstly, of developing our *faith in Christ*. It is a reference to both an objective and subjective faith. It is faith as in knowing God experientially as well as in trusting Him. **We are to exercise our faith and to let it grow as it were in greater depth and intensity in the Lord.** Then we are to add on to faith, *virtue* or moral goodness. It is a general term to depict benevolence, ethical rightness or a pure disposition of heart and mind. This is important for the Christian testimony and general demeanour and conduct of every believer. To this attribute, we are to add *knowledge*, the knowledge of God through His Word. The understanding of the Bible is of paramount significance. Ignorance is not bliss. Search the Scriptures and we would do well to know it, apply it and then teach it to others (2 Tim 2:15; Ezra 7:10). To that, knowledge is to be added to *temperance*. This is a needful quality, the ability to regulate ourselves; moderation is the trait of being sober and self-disciplined. It is an important principle of life. **The Christian is a disciplined follower of the Master. He is to quietly and faithfully emulate Christ, and one of the qualities is that of a temperate character.** A drunkard is an intemperate person as is a person who flies into a rage or who excessively swears and shouts at others. **An impatient man is often not a temperate person and is one who cannot wait patiently without complaint and murmuring and we need the transforming grace of God.**

Rev. Ian Paisley, Protestant leader of North Ireland, wrote a book on the 1859, *Revival in Ulster, Ireland*, and mentioned that the spiritual condition that could be described at that time is depicted by one word: Intemperance.

The people then were drinking, swearing, breaking the Sabbath, with immoral and unethical behaviour, and other excesses in life. **People with uncontrollable impulses engage in sin and other iniquitous behaviour. It was a pathetic condition; like the time of the judges where everyone did what was right in their own eyes. Only a revival from God could transform and save them and it did in 1859.**



Biblical Examples

Moses was a good example of a temperate person. His own relatives complained against him, but he did not retaliate and instead waited upon the Lord to vindicate him (Num 12:1–8). People complained about his leadership and his decisions in doing certain things, but he would still steadfastly rely on the Lord to lead and guide him. David was another temperate leader who was not easily provoked. He was unfairly chided and despised by Shimei (1 Kgs 2:38–44), but he did not allow his general to kill him but waited upon the Lord until the time of his son, King Solomon his son to render righteous judgment upon the guilty offender. These men had a tremendous amount of self-control as did men like Job, Daniel and Noah. **Godliness is shown forth externally in a temperate character and controlled demeanour.**

Christians live in a world of ridicule, impatience, temptations and trials for our faith. Temperance is needed everyday, when we drive on the road (that is how road rage starts when people get furious and cannot control themselves), in eating (to abstain from excessive consumption of some unhealthy but palatable food, e.g., laksa, durians, char kway teow, roti prata, etc.), in speech (temptation and not to say something unedifying or coarse or



jesting which is unhelpful as a Christian), and on thought life (not to think of things that are not proper or right in the sight of God). With the indwelling Holy Christ and by God's grace, we are to walk worthy of the zeal and be a good testimony to others.

The soldier needs to learn to be alert, disciplined, temperate when he is undergoing military training and exercises (2 Tim 2:3–4). The athlete has to learn to control himself from unhealthy food and practise seriously for his events through regular exercises and follow the rules as well (1 Cor 9:23–25). The diligent farmer has to be temperate and disciplined as he works hard on the farm under the hot sun, to

bring the harvest in or to sow the seed during summer. The ambassador of Christ must be temperate as well and so is the responsible steward of the Lord who is to be faithful and hardworking (1 Pet 4:10-11).

In life, self-control or temperance goes a long way in keeping us safe from worldly entanglements and fleshly appetites that may destroy us. Sinful habits can make us vulnerable to the fiery darts of the evil one, but Christians are to exercise spiritual restraint with godly temperance.

Conclusion

Temperance is the discipline to do the right things, to serve, worship God and witness for Him and to reach out and encourage, bless and admonish and exhort one another in Christ. It is a conscious effort to please God and the ability to do it with God's grace (Gal 5:22–23). One of the facets of the fruit of the Spirit is temperance and it is not impossible to do it. The drug addict going through cold turkey has to nurture self-control to say “no” to drugs, others have to do the same to worldly music, and immoral temptations and websites and dancing and alcohol drinking and many other influences. So also, must the Christian say “no” to sin and other iniquities.

Our reliance is on the power of the indwelling Holy Spirit who enables us to reject sin and yield our bodies unto righteousness (Rom 6:12). Constant prayer and knowledge of our accountability to God and the awareness of the presence of God will help us to be temperate in our speech and conduct. Pray and ask God to help us develop this important strength of character and calm composure to



regulate our natural impulses and serve God faithfully. Philippians 4:5 says, *“Let your moderation be known unto all men. The Lord is at hand.”* 2 Timothy 1:7 says, *“For God hath not given us the spirit of fear; but of power, and of love, and of a **sound mind**.”* (The word “sound mind” or “sober” can be rendered as self-control too, in the original.)



May God help us to be temperate in all things to be a good witness and testimony for Him till He comes. Amen.

Jack Sin

A Fruitful Ministry & Rest in New Zealand - Pastor & Angie -

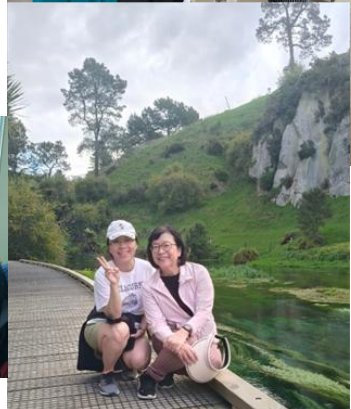
New Zealand has a population of 5.3 million people with 18% of the indigenous maori people and a growing Asian immigrant population of about 17 percent.



Ever since Samuel Marsden, the first missionary, came through the Bay of Isles in 1814, the gospel was preached and spreaded in this well endowed beautiful land with many Christian churches. The christian population is about 32 percent while the majority here of about 52 percent will call themselves atheists.

The first leg of this sabbatical was the fruitful 10 days In Auckland where we spent time and reached out to Angie's relatives and the ministry of the Word at Emmanuel church on their Reformation Sunday as invited by Rev David Yan, the founding Pastor.

We met many old and new friends including Tim & Anne & Zach Low, Raymond & Alison Yeo and Calvin & Mary Channing who were both graduates of Far Eastern Bible College, among others.



We commenced our travel down south. Our first stop of this 2nd leg of our journey was in Wellington, the capital city.

While exploring Wellington, we had the opportunity to witness and reach out by giving tracts to three China students at the University of Wellington, an Ipoh student at Massey University who served us in a Chinese Lamian Restaurant and a Guangzhou owner of a bakery that sells good pies and cakes who have been here for more than 20 years.



New Zealand is a liberal country where homosexuality and vaping is openly practiced, the Maori culture is animistic and the presence of cults is widely available. Pray for the Gospel outreach in New Zealand.



A Lesbian Wedding.



Instead of letting the Word of God Define us, we let the World Deform us instead.

On Sunday 9 Nov, we worshipped at 2 Reformed Churches in Wellington. We visited **Gracenet Community Church** (Reformed Baptist) in the morning which was recommended by Rev David Yan. The profile of this church are many young and big families as it was started as a University



outreach and the young people then have now grown with the church and established families. We chatted with Pastor Mike and their 3 Elders. This couple Luke and Hannah met each other in Taiwan and can speak fluent Mandarin!

In the evening, we walked 45 mins that included a steep hill to the **Reformed Church of Wellington**. This is a Dutch Reformed Church that was established in 1955 and there are 150 worshippers on a Sunday morning with 60 children in the Sunday School. Sister Dee from Xinjiang married Kirk McDowall whom she met when she came to Wellington on a joint program between Xiamen University and University of Wellington. They have 2 lovely children. She was so excited to receive our chinese book and converse with us in Mandarin and invited us for a delectable home cooked dinner at their cosy home . Jack shared from Gen 18:19 to exhort the family and prayed for them.



We continue our journey to the South Island on Nov 3, visiting some places of interest and churches for more than 3 weeks as we drive down further south. Pray for alertness and journeying mercies and alertness for us as we travel and trust in the Lord and witness for Him whenever He calls us . Matt 24:14

Psa 121 - A Traveler's Psalm

Pastor & Angie

The Lord is thy keeper: the Lord is thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The Lord shall preserve thee from all evil: he shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

~ Psalms 121:5-8 KJV ~

Sunday @SHBPC on 2 Nov 2025



Birthday Celebration!
Thank God for loving hands
who prepared the
sumptuous Brunch!



Boys' Kopi Time
Fellowship at
Macpherson –
both the Young &
Young-at-Heart!



Memory Verse

Acts 8:35 Then Philip opened his mouth, and began at the same scripture, and preached unto him Jesus.

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. Rev Philip Heng brings us God's Word this morning on "***The Outreach to Samaria by Philip (Acts 8:26-40)***", continuing the quarterly series on "***Understanding Church Growth from the Early Church (Book of Acts)***".
3. Next Sunday, Rev Eric Kwan will preach on "***The Spiritual Transformation of Saul to Paul (Acts 9:1-20)***",
4. Sunday School classes after the worship service are:
 - Sunday School (Bro Joseph Wee)
 - Studies in Job (Dr Kwong Leen)
 - Youth Class (Eld Yue Kay)
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. Pastor & Angie are on sabbatical leave from Oct 21 to Dec 4. Rev Tan Eng Boo and Bro Joseph Wee will be available to provide pastoral support during this period. Do contact the session members for assistance when needed
7. 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]**.
8. Pray for:
 - **Travels: Pastor & Angie** [New Zealand, 21/10-4/12],
 - **Geok Pin's family** [comfort and consolation on the homegoing of their mother Mdm Tan Lan Yoke], **Pit Yuen** [post-radiotherapy recovery], **Agnes' Parents** [health & salvation], **Mrs Philip Heng** [stroke recovery]
 - **Lily Almon**: Singapore Citizenship Application
 - **John Almon**: Application for course at Nanyang Polytechnic
 - **Joseph & Rachel**: GPS ministry and Hokkien outreaches
 - **SHBPC Bible Study at All Saints Home (Tampines) on Thu 27 Nov.**
 - **Dec Mission Team**
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.