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Sun Worship Service: 10am, Sun School: 11.45am, Wed Prayer Meeting: 8pm
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A Testimony of God's Faithfulness & Preservation



I had a sudden health crisis from 26 Mar to 7 Apr 2023. This is a thanksgiving testimony of God's faithfulness and preservation upon me.

I have confirmed Lumbar Spondylitis that periodically resulted in bouts of painful movements in the feet and calves of the legs. Two weeks before Sunday, 26th March, I experienced extreme pains in both feet, so I was unable to ambulate properly. This resulted in immobility of both feet that might have caused some blood clots to form in the vessels in the feet and which might have some smaller fragments broken off from the bigger clots at a later time.

I felt progressively breathless and broke out in cold sweat just with normal effort in any physical movements or exertion. I did not expect this to be a case of a heart attack, as there were no crushing pains in the chest, back or jawline and no classic symptoms of a heart attack.

Anyway, as I was alone at home that Sunday, I rang my son living in Choa Chu Kang to come over and take me to the A&E of Changi General Hospital if my condition were to deteriorate. After consulting my grandnephew who is a consultant in Internal Medicine in CGH, we headed over to nearby CGH for an assessment. Finally after the A&E triage, I was diagnosed with "mild heart attack" and was immediately warded in ward 38, a High Dependency Ward with continuous monitoring of all our vital statistics electronically.

The next day a barrage of tests, angiograms, CT scans, ECGs and other relevant procedures were performed. The good news was that all 3 major arteries of the heart were clearly unblocked but the lower part of the heart was somewhat stressed and swollen and the amount of fluid in the heart sac was above the normal volume. There were signs of damage to these heart muscles. They did not know where the clot was located until the scan showed a huge blood clot in the pulmonary artery. It was the culprit causing my breathlessness! So it was confirmed that I had a Pulmonary Embolism that was straddling precariously across the openings of 2 of the pulmonary vessels and that condition was a highly critical and dangerous one. It was a "Saddle Pulmonary Embolism."

The Cardiologist in charge of my case was Prof. Tan Thuan Ngee. He expeditiously explained the urgency of the treatment plan to avert a disaster as

well as the available methods to speedily remove the blood clot from the lung. There were 3 options currently being used. One was to remove the clot via open surgery. The second was to blast the huge clot into minute particles and the third was to use drugs, (blood thinners), to slowly dissolve the offending clot, which was akin to a time bomb waiting for an “explosion” to break off fragments from it and fall into the said vessels in the lung and cause a blockage and imminent death. What a terrifying prognosis indeed!

I have a very low threshold for pain and have always been very fearful of needle pricks and blood -taking procedures. During this hospitalisation period, I had to endure many such experiences, but I would always pray to Almighty God for His peace, comfort, mercy and sustaining grace upon me and wisdom for the staff to successfully locate my naturally small veins to withdraw sufficient blood for the various tests. Then I would calm down as I felt His warm loving embrace upholding and strengthening me. This was especially poignant at times when I faced extremely difficult situations and challenges in such hospital routines that I literally cried out, *“Lord Jesus, please help me! I know thy grace is sufficient for me.”*



“Thou art my rock and my salvation! Thou will not abandon or forsake me for thou will be with me till the end of time, for thou art a faithful God in whom I will always trust.”

I will invariably feel a certain calmness coming over me as I surrender to His will for whatever procedure that I need to do and to seek His forgiveness for my unrighteousness as well as His mercy and grace unto me for I acknowledge my helplessness and that I can do nothing without Him.

When I was in the operating room in the Department of Intervention Radiology where two Thrombectomies were performed using a computerised catheter holding a “mini vacuum cleaner” to suck out the blood clots in the lung and circulatory systems while I was still conscious, I could feel the uncomfortable and pressing movement of the said catheter as it was guided into the vessels of the heart and lungs. In the first thrombectomy, the surgeons used the smallest catheter because of my advanced age and possible higher risks of puncturing of the blood vessels.

However, the result was below the optimum level of removal of the amounts of clots. Hence, they repeated this procedure 2 days later, using a twice bigger catheter to give the best level of removal of the amounts of clots. The second thrombectomy was more highly successful but it took up to 4 hours, whereas the first one took around 3 hours to complete. It was terrifying to be alone among 10 or so relatively unfamiliar “strangers” in that operating theatre but as I recalled from Scripture that God is always with us, even till eternity, my doubts will dissipate and a sense of confidence in the Lord’s faithfulness will soon envelope me.

As I look back upon my life, I deeply appreciate the wonderful, loving and kind people God has strategically placed throughout my life to teach, guide, test,

humble, correct and edify me, to live according to His statutes and commandments, to serve Him and to be a blessing to others.

I wish to categorically acknowledge God's grace, mercy, faithfulness in answering my pleas and prayers for His deliverance of me from my fears, doubts, insecurities, my weak faith in His divine promises and the surrendering of my will to His will, to live my life according to His divine plan for my life, and to glorify and honour His Name, regardless of whether He will prolong my life on earth or not.

For those of you brothers and sisters in Christ who are currently facing seemingly insurmountable challenges in life:

- Do Not Quit!
- Persevere in your Faith!
- Continue to Trust in God with All your Heart and Soul!
- Pray Fervently and Continuously!
- Our God is Faithful and Honours His Promises!
- Honour God and God will honour you!
- God Answers Prayers!

During this recent health crisis, I have experienced God's grace and mercy more intimately and that He is my most Loving, Righteous, Omnipotent, Omniscient, Omnipresent and Almighty Heavenly Father, Amen.

Han Kin Hoong

Pray for the ministry and brethren of
Grace Reformed Evangelical Church, Hong Kong.



Memory Verse

2 Kings 4:17 And the woman conceived, and bare a son at that season that Elisha had said unto her, according to the time of life.

Announcements

1. Welcome to our Lord's Day Sunday 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. Pastor brings us God's Word this morning on "***The Effectual Supplication of Elisha (2 Kings 4:1-17)***", continuing the quarterly series on "***Significant Events in the OT for our Learning***".
3. Pastor will preach next Sunday on "***The Reason for Triumph at Mt Carmel (1 Kings 18:17-40)***".
4. Sunday School classes will resume next Sunday:
 - Westminster Confession of Faith – Pastor
 - Studies in 1 Chronicles – Dn Kwong Leen
 - Book of Acts – Pr Mok
5. For pastoral assistance during the Church Camp from Jun 7-10, kindly contact **Rev Koh Hock Heng (hp: 9779 7978)**.
6. We rejoice with **Dr Ong Wei Han & Dr Agnes See** on their **Holy Matrimony on 8 Jun 2023**.
7. Chinese Fellowship meets on every Sunday night at 7pm via Zoom with both local and overseas brethren. We have systematic studies on Basic Theology, and the Parables of Jesus. Join us for a time of profitable learning. [Zoom ID:883 9662 4157 Passcode:625551]
8. 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:218178]
9. The Annual Church Camp will be held at Pulau Springs Resort (Johor Bahru, Malaysia), June 7-10, 2023. Rev Philip Heng is our camp speaker "***Exercise unto Godliness in an Ungodly World***". **There will be a Church Camp Briefing after the worship service TODAY.**
10. We need willing hands and hearts to assist in the weekly cleaning of the premises. Do let Dn Yue Kay if you are available to serve in this area.
11. 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.
