

Address: 160 Paya Lebar Road, Orion@Paya Lebar #04-06, Singapore 409022
Sun Worship Service: 10am, Sun School: 11.45am, Wed Prayer Meeting: 8pm
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Eld Tan Yue Kay: 97450311 (hp) / tanyuekay@gmail.com

Practical Steps to Check Spiritual Regress

After you are saved by faith through the grace of Christ, consider practicing these following precepts or guidelines prayerfully.



1. Know & Relish the Scriptures Daily with Holy Application.

Use God's infallible and sufficient manual to godly living which are the spiritual instructions from His inspired Word. Jesus prayed: *"Sanctify them through thy truth: thy word is truth"* (Jn 17:17). Memorise and meditate Scripture, search it and seek grace to live it. Let Scripture be your compass and map to guide you (Ps 119:105) over the vicissitudes of life's pilgrimage. **Let Scripture teach and guide you how to live a separated and sanctified life in a hostile and fallen depraved world and direct you in all your ways.**

2. Strive for Spiritual Growth in Grace and Faith in Christ.

Flee often to Christ for help. Seek Him daily in the meditation on His Word, confess and repent of your sins. Faith in Christ is a requisite for holiness; for faith in God, the love of sin and the world do not go together. (1Jn 2:15,16)

Faithful worship of the Lord and regular fellowship with the saints enhance growth, spiritual health and vitality. The converse is also true if we do not seek the Lord first.

3. Submit to the Lord in both Personal & Corporate Prayer Often.

Be very much in fervent prayer daily and seek the Lord's will fervently, not that of men or self. A good test is *"Did I consult God on this matter before making a decision?"* Like David and our Lord, begin every day well with God in private devotion and let Him order and direct your footsteps (Psa 5:3, Mk 1:35, Jn 14:14, Phil 4:6-7). Remember to join the church in corporate intercessory weekly prayer meetings. Be sensitive to heaven's direction in His Word and circumstances rather than your own private subjective opinion or view of the

matter which may be liked but may not be right. A prayerful Christian has the protective hand of God and His favour (Eph 6:18).

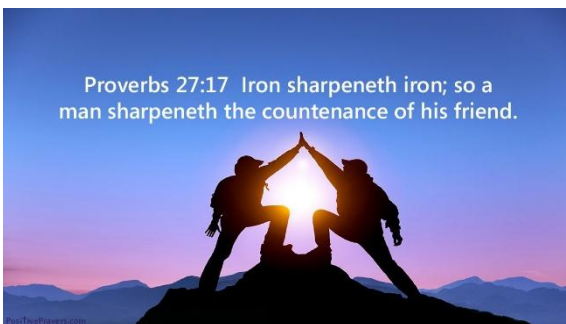
4. **Be Filled & Walk in the Spirit, Not in the Flesh (Eph 5:17, Gal 5:16).**

Thomas Watson writes: "*The Spirit stamps the impression of his own sanctity upon the heart, as the seal prints its likeness upon the wax. The Spirit of God in a man perfumes him with holiness, and makes his heart a map of heaven.*"

The flesh will always war against the Spirit. Beware of the wiles of the devil who will discourage or distract us with secular preoccupations, temptations (i.e. pleasure, obscene movies or games, worldly music, movies obsession with the accumulation of wealth, possessions and excessive work etc.), create strife and confusion in the heart and home rather than greater love and devotion for God.

5. **Associate with God-fearing men who Love the Lord, His Word & Work (Psa 119:97).**

Confer with your Pastor, Elders, Deacons and fellow believers whose godly disposition, testimony and ministry has been a blessing in your life and continue in that stead faithfully. "*He that walketh with wise men shall be wise*" (Prov 13:20). Beware of a self-righteous or judgmental attitude towards others but examine our own lives first before the Lord. Grow daily in the knowledge and fear of the Lord and apply our hearts unto wisdom. Those who love God and His work will encourage and support the ministry of the gospel and serve alongside with them, giving due honour to God and to one another (Rom 12:9-10).



6. **Exercise Spiritually & Strive for Godliness.**

Worldliness is a curse and godliness a blessing. No one but God is sufficient to bring a clean thing out of an unclean (Job 14:4). Pray with David, saying "*Create in me a clean heart, O God*" (Ps 51:10).

Remember 1 Tim 4:8 which says, "*For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come*"

Make an effort to Exercise unto godliness and mortify the sins of the flesh in humble submission to the Lord daily. We do not float into holiness but need to vigorously work at sanctification and God will use willing and clean instruments (2 Tim 2:20 and 21).

7. Regard Yourself as Dead to Sin & Alive to God (Rom 6:11).

Seek to cultivate the same contempt of sin as God does. Recognize that God is worthy of obedience not only as the Judge, but especially as a loving Father. Say with Joseph in temptation, "How then can I do this great wickedness, and sin against God?" (Gen 39:9) and Daniel in Dan 1:8, "But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself."

Do not despair: but be strong in Him and victorious in Christ Jesus. Satan may bring a snare to derail us and obstacles in life abound but stay fervent and faithful to the Lord and do not give up easily but by God's strength, persevere on and look earnestly to Christ the Author and Finisher of our faith (Heb 12:1-2).



8. Nurture yourself in Christ & Persevere in Personal Discipline or Godly Temperance (Gal 5:22-23)

If you sometimes through the weakness of the flesh, fall into sin, you must seek God's mercy in true repentance, and not continue in sin. Jonathan Edwards' (the great American Theologian) personal resolution is: "Never to give over, nor in the least to slacken my fight with corruption, however unsuccessful it may be."

Have the right desires and be determined to obey God. An ill-disciplined person has many struggles within and without and a true disciple is but a disciplined follower of his Master. We are challenged to take up the cross, deny self daily and follow Him sacrificially. (Lk 9:23)

9. Develop Habits for Godly Witness & Prudent Decision-Making.

When deciding over a course of action or issue, pray and ask the following questions: **Does this glorify and honour God (1 Cor 10:31)? Is this profitable or spiritually beneficial for the saints (1 Cor 6:9-12)? Is this a**

good example in the Lord or is this a bad testimony to others? (1 Cor 8:13)? Does this bring you under any enslaving power of any (1 Cor 6:12)? Do not compromise on biblical principles in your daily walk. If you honour God, God will honour you (1 Sam 2:30).

10. Be Committed to the Lord & Proactive in Church to Edify the Brethren.

Ask for divine strength to bring your very thoughts into captivity to Christ (2 Cor 10:5). Are you committed and actively involved in any ministry in your church today? **It is important that a Christian be committed and baptised and belong to and attend regularly a sound local church and be given to stewardship and service.** Witness to the unsaved and love the brethren and give of your life for service wholeheartedly to the Lord in His church and not for what we may get or gain out of every situation but what we can give joyfully to God and His people to the spiritual enrichment of others and the saving of souls in the extension of His kingdom.

Follow the example of our Lord and the apostles as selfless, sacrificial servants and faithful stewards to glorify God and enjoy Him forever and edify the saints in all that we do or say till He comes (Col 3:23-24).

Jack Sin



SOVEREIGNHOPE
bible presbyterian church

BIBLICAL COUNSELING SEMINAR

Equipping the Church to Help the Hurting with God's Truth

6 SEP 2026, SUN

10 AM  **The Case for Balaam**

12 PM  **Biblical counseling in a mentally disturbed world**

 *Come and find out how you can help others with mental concerns. All are welcome.*

 Those interested, register with **Eld Yue Kay**

 **97450311**

BY 30 AUG 2026

VENUE:
160, Paya Lebar Rd, #04-06,
Orion @ Paya Lebar Rd, S(409022)



Dr Tim Yates
Dean of MA Counseling,
China Reformed
Theological Seminary,
Taiwan





Goshen BPC Inauguration (Hougang St 21) 8 Aug 2026.

Pastor: Rev Eric Tay.



Pastor Jack delivered greetings and word of exhortation from SHBPC and presented them with the framed calligraphy on John 3:16

***Sovereign Hope BPC
Annual Family Day
10 Aug 2026,
Big Sister's Island***



A delightful time of hearing God's Word
and blessed fellowship!
The chief "nose-stealer" amongst the
men was Paul Kong!
(Spot his extended nose! 🤪)





Disentangling
Ourselves....
and we succeeded!



Delicious chicken pies &
other yummys
for Picnic Brunch –
TQ, Mrs Irene Tan!



Glad you could join us, Athot, Robert & Boisy,
students from Baptist Theological Seminary!



Session Meeting? 🤔



Elder, trying to part
the Singapore Strait? 🤪

Memory Verse

Deut 12:6 And thither ye shall bring your burnt offerings, and your sacrifices, and your tithes, and heave offerings of your hand, and your vows, and your freewill offerings, and the firstlings of your herds and of your flocks:

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. Pastor brings us God's Word this morning on "**Responsible Stewardship in the Lord [Deut 12:1-19, 30-32]**", continuing the quarterly series on "**Precious Insights from a Veteran Prophet - the Book of Deuteronomy**".
3. Next Sunday, Pastor will preach on "**Warnings from God on the Occult [Deut 18:9-22]**".
4. Sunday School classes after the worship service are:
 - Walk Thru the Old Testament (Pastor)
 - Studies in Revelation (Dr Kwong Leen)
5. Chinese Fellowship meets every Sunday night at 7pm via Zoom. [**Zoom ID:883 9662 4157 Passcode: 218178**]. Join us for time of learning on the Book of Hosea (Thirdmill video lessons) and Heroes of the Faith (messages).
6. **Annual Congregation Meeting** is held on next **Sun 30 Aug 2026** after the worship service. **All members are required to attend.**
7. **Biblical Counselling Seminar** by **Dr Tim Yates** on **Sun 6 Sep 2026**. See details on page 5.
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: 625551**].
9. Pray for:
 - **Church ACM on Sun 30 Aug 2026.**
 - **Travel: Eld Yue Kay** (Kuala Lumpur, 21 – 24 Aug)
 - **Medical: Simon** [hospitalization, depression], **Kin Hoong's daughter Joyce** [chemotherapy], **Kim Meng's mother** [heart condition], **Agnes' parents** [medical conditions & salvation], **Joseph & Lilian's Dil Annabelle Chan** [knee injury],
 - **Lily Almon** [citizenship application]
10. 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.