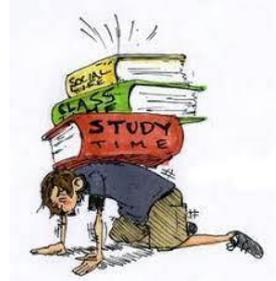


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Helping Students in Their Academic Stress

Question: *I often feel stressed about school exams and demands made by my parents about achieving good results. What should I do?*



That is a good question. We often feel stressed due to many expectations. Eph. 4:1 speaks of the importance that we be good testimonies and witnesses to the glory of God in our vocation as a well-disciplined and hard-working student. Studying in Singapore or anywhere can be demanding but being a good student in the school or college is more than just getting good results. A gracious and kind character, testimony and effective witness for Christ are equally important. To manage the stress you face, you need to do your part and ask God for wisdom and strength. Take steps to seek God to help you to ensure your fruitfulness, by your industrious work as a faithful student. Consider doing the following below:

1. Pray and Plan your work schedule throughout the year.

We need to learn to break or divide our time into manageable units eg. timetable for the day, so that at a glance you know what you are supposed to do and be disciplined to accomplish it. Do not have a bad habit of a last-minute rush to finish an assignment or study for a test the night before. Say no to time wasters like playing computer games on the handphone or laptop, watching too much on TV or YouTube or social media and Chatrooms. We seldom do well if we do not plan and prioritize our lives properly. If you aim at nothing, you are bound to hit it. Do also set aside time for leisure, rest, family, reading of the Word, prayer (church prayer meeting), sports, fellowship with others and the daily Quiet Time, Fellowship and for the Sabbath worship of the Lord.



2. Carry out your plan with Discipline and Diligence.

Someone once says if you fail to plan, you plan to fail. Pray constantly for God's help and wisdom to do your work. God honours the hardworking and industrious but the sluggard and lazy will have no reward or good results. Solomon in Proverbs 6:6-7 speaks of the industrious ant as our model. Learn to do things well with God's grace and personal discipline, (focus and mental diligence) without others supervising you all the time. Be responsible and stand up to the calling of being a good student for the Lord by doing your homework dutifully (Col 1:10). Honest heart work has its rewards. Redeem time with by using it purposefully in your studies and your work and God will bless.



3. Remember the "DIN" and "FIT" Principles.

"DIN" stands for "**Do It Now**" or "**Delay It Not**" and "FIT" stands for "**Finish It Too!**" This is our advice to our theological students in FEBC, ERBC, BRS and MTS. Being forgetful people, we often delay what we are supposed to do. It is therefore a good practice to do our homework ahead of time during our best hours, all the time. Write it down in a diary or HP or somewhere to remind us. Short notes are better than long memories. Do not delay



completing your homework and revise for tests / exams ahead of time and do it a few times to remember well. This system will help you to complete your schoolwork on time and study for tests and exams, thus to be an effective student for the Lord (2 Timothy 2:15).

4. Discuss, Learn and Share with One Another.

1 Cor 10:31 says, 'Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.' If you consistently do your part in your reading, practice and revision, you will be able to contribute and discuss intelligently in class and out of class with other fellow students. You will be able to even help others in their schoolwork and in so doing, you learn as well. You can be a channel of blessing to reach out and help those around you by being a good testimony for the Lord (Hebrews 10:24, 25).

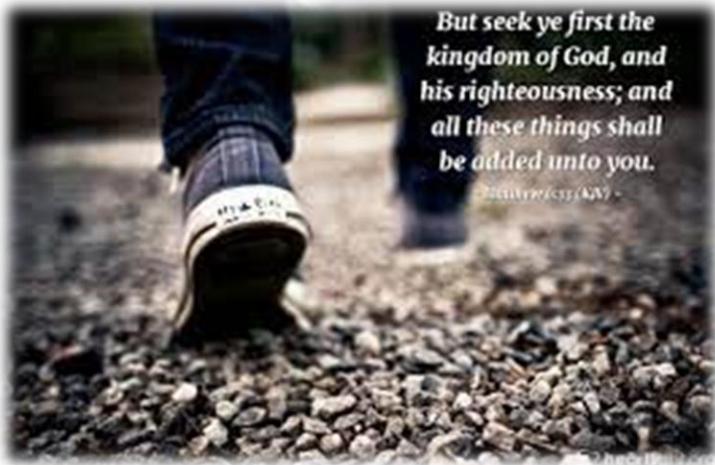


Conclusion

Matt 6:33 says, 'But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.' Do not give up but Put God first in your life in all that you do. God has given us a sound mind also (2 Timothy 1:7) to serve and glorify Him and to study. Remember success in studies is often 10% intelligence and 90% diligence, 10% inspiration and 90% perspiration. Let your parents know what you are going through and plan to do so that they can remind you and they are concerned for you out of love and ask them to pray for you. Do your part diligently and consistently and ask God to lead and guide you to be a faithful steward and safe and careful witness as you honour Him and your parents in your academic studies and spiritual walk of faith and do all things for His glory. By His grace, you can make it!

SUCCESS IS
10% INSPIRATION
90% PERSPIRATION
100% DEDICATION

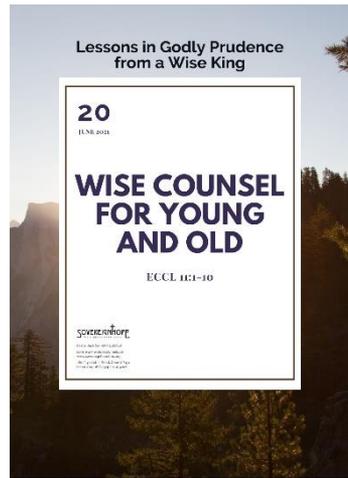
Jack Sin



Sermon by Pastor Jack Sin - A Summary -

1. Precepts for Wise Financial Stewardship (vs 1-3)

- These verses refer to the commerce of the sea during Solomon's time.
- There is practical wisdom in the use of the resources given to us and we are to develop it wisely.
- This is the principle of Christian stewardship taught in the Bible and it also speaks of benevolence and generosity to willingly share with others.
- We own nothing as God alone is the One who gave to us to take charge; we are not owners as the world suggests to us but simply trustees, custodians and one day to have to give an account to Him.
- We are to be prudent and to spread it out our assets as it is in an investment (diversification ie. do not put all in one basket). It is a wise principle for long term investment because we "knowest not" as mentioned 4 times. Man has a knowledge gap.
- A book on Money, Debt and Finance by Dr Weheisier reminds us of the sovereignty of God in ownership and our duty in wise management of our limited resources for God which is required of us as faithful stewards. Paul in 1 Cor 4:1, 2 says that it is required in steward, that a man be found faithful and we are to give an answer to God one day.
- All of us are accountable to God for what He has gifted us - Talent, Treasure & Time. As stewards, we are to multiply them for the Lord in the right manner as in the parable of talents and the sower. (Mt 25 and Mt 13)



2. Principles for Effective Living & Sowing (vs 4-7)

- We do not know many things and we need to be careful and wise. We admit our ignorance for only God knows what will happen tomorrow.
- We need to have staying power not to give up. If we stop every time there is an obstacle, many things will not be done and we will never get there. We are to be diligent and persevering and not slothful in our service and work for God.

- Gal 6:6-9 tells us that God is not mocked, and what a man sows that will he also reap and we are to do good especially to the house hold of faith . We are to sow seeds of the gospel and kindness and it will bear fruit in due season.
- Therefore, let us not be weary in well doing for we will reap in due season if we faint not.

3. Prudent Counsel for Young People (vs 9-10)

- It is an absolute certainty there is a God who will judge us one day and we are to be ready for it.
- We are to let our children enjoy their youth - to live up the vitality of youth - but with caution and with our eyes upon the Lord following His commands.
- But while doing so, also know that God will judge what is in your mind & what is in your heart and for that we are warned and it affects our actions, plans and thought life and dreams.
- Solomon warns in Prov 4:23-27 that every part of our body needs to be disciplined, including what is in our hearts, minds, hands, legs, eyes and mouths.
- We are told to keep our hearts with all diligence for it is the seat of all desires and dreams and actions. We need to guard our hearts from sin and depravity because there is a potential that a young man/lady can waste away his/her youth. We are to watch against it and Paul exhorts us in 1Tim 4:12 to be a good example to others.



Conclusion

There is wise and practical counsel from Solomon for us to learn and apply today in our lives. Let us do it prayerfully.

Bro Kim Meng



Thank for the ministry of the Word to
 (above) Thai Grace BP Church last Sunday and
 (below) Biblical Fundamental Gethsemani Church in Chile
 with about 80 worshippers from 5 countries.



FINISHING WELL THE RACE OF LIFE

Lord's Day Program from Jul - Sep 2021

JULY

- 4 The Power of a Sound Mind (2 Tim 1:1-7)
- 11* Hold Fast to Sound Words (2 Tim 1:8-18)
- 18 The Imageries of a Christian (2 Tim 2:1-14)
- 25 Study to be a Biblical Practitioner (2 Tim 2:15-19)



AUGUST



- 1 A Sanctified Vessel for God (2 Tim 2:20-26)
- 8* The Characteristics of the End Times (2 Tim 3:1-9)
- 15 Fruitfulness through the Word (2 Tim 3:10-17)
- 22 The Sacred Duty to Share the Gospel (2 Tim 4:1-5)
- 29 Perseverance in the Ministry (2 Tim 4:6-10)

SEPTEMBER

- 5 Faithful Coworkers Labouring Together (2 Tim 4:11-22)
- 12* Love and Truth in Action (2 John)
- 19 The Case Study of 3 Persons (3 John)
- 26 Consider God in Troubled Times (1 Kings 4:1-11)



Memory Verse

Ecc1 12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.

Announcements

1. Welcome to our Worship Service! For our visitors, do leave us your contact numbers in our guest book before you leave.
2. Pastors speaks today on "***Fruitful Aging & the Chief Purpose of Man (Ecc1 12:1-13)***", the final sermon on "Lessons on Godly Prudence from a Wise King – Studies in Ecclesiastes".
3. Pastor Jack speaks next Sunday on "***The Power of a Sound Mind (2 Tim 1:1-7)***", the new quarterly theme on "Finishing Well the Race of Life - The Epistle of 2 Timothy".
4. Pastor will be speaking to the Global Assembly English Service on 4 Jul at 5pm. Those interested to attend may approach him for the zoom link.
5. Sunday School classes after worship service resumes:
 - WCF Shorter Catechism Class – Pastor Jack
 - New Testament Survey – Dn Choo Siang
 - Studies in Numbers – Dr Kwong Leen
6. Chinese Fellowship meets on Sunday night at 7pm via Zoom with both local and overseas brethren.
7. Do send your prayer items to Pastor and join us for Church Prayer Meeting on Wed at 8pm via Zoom. The Jun prayer list is available from Dn Choo Siang.
8. Monthly Neighbourhood Bible Class meets on the first Friday of each month in church on the study of 2 Samuel. The next class will be held on **this Friday 2 Jul, 7.30pm in church.**
9. The Pandemic book can be purchased through Dn Yue Kay (Hp: +65 97450311) or via email at sovereignhopebpc@gmail.com.
10. Do kindly observe the safety measures of the church and assist with the weekly cleaning of the premises.
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**
