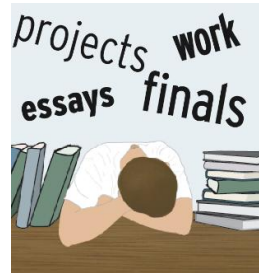


Address: 160 Paya Lebar Road, Orion@Paya Lebar #04-06, Singapore 409022
Sun Worship Service: 10am, Sun School: 11.45am, Wed Prayer Meeting: 8pm
Website: www.sovereignhopebpc.org
Rev Dr Jack Sin: 91160948 (hp) / jacksin710@gmail.com
Eld Tan Yue Kay: 97450311 (hp) / tanyuekay@gmail.com

Question:

“I feel stressed about schoolwork and demands made by my parents about achieving good results. What should I do?”



The Response: That is a relevant question. Eph 4:1 speaks of the importance that we be walk worthy of the vocation wherewith we are called and be **good testimonies and witnesses to the glory of God in our vocation as a well-disciplined and hard-working student. Studying in Singapore can be demanding but being a diligent student is more than just getting good results.** A good character, a healthy mind and effective witness for Christ are equally important. To manage the stress you face, ask God for wisdom and strength and take steps to ensure your fruitfulness, by doing your part industriously. Consider doing the following below:

1. Pray and execute your work schedule daily and for the year.

We need to learn to break or divide our time into manageable units e.g. 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. Give less or even no place to time wasters like playing computer games on the handphone or laptop,



watching too many movies, 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 other and the daily Quiet Time,** prayer meetings and Sunday worship of the Lord.

2. Live life with discipline and hard work and leisure.



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 Prov 6:6-7 speaks of the industrious ant as our model. **Learn to do things well with God's grace and personal**

discipline, without others supervising you all the time. Be responsible and stand up to the calling of being a responsible student for the Lord (Col 1:10). Set aside time to exercise and relax and take time to keep fit and healthy too, both mentally and physically

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 often my advice to our seminary students. **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 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 thus be an effective student for the Lord (2 Tim 2:15).



4. Discuss, Learn and Share with One Another.



1Cor 10:31 says, '*Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*' Do not be selfish but if you consistently do your part in your reading and revision, you will be able to contribute and discuss intelligently in class and out of class with others too. 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 those around you by being a good testimony for the Lord (Heb 10:24, 25).

Matt 6:33 says, '*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*' Put God first **in your life in all that you do.**

God has given us a sound mind also (2Tim 1:7) to serve and glorify Him in your studies. Remember success in studies is often 1% intelligence and 99% diligence, 1% inspiration and 99% perspiration.

Let your parents or siblings know what you plan to do so that they can remind you and ask them to pray for you. Do your part diligently and consistently and ask God to lead and guide you as you honour Him in not just your academic studies but also your spiritual walk of faith and do all things for His glory. Hope this helps



Jack Sin



These are some of the qualities of a father in an acrostic that we coined. We pray that these qualities will indeed be found in our earthly fathers who will fear God and love their children and spouses as the head of the house.

Thank God for our heavenly Father who sets a perfect example for all to follow.

Jack Sin



FATHER

Faithful to God and family

Astute in decision making and prayer

Teachable (and teaching others) even with children's correction

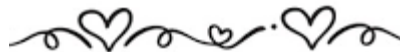
Hopeful in Christ and Helpful to the needy

Exhorting and Encouraging children in the Word

Reassuring our loved ones when needed most

Gen 18:19

“For I know him, that he will command his children and his household after him, **and they shall keep the way of the LORD,** to do justice and judgment.....”

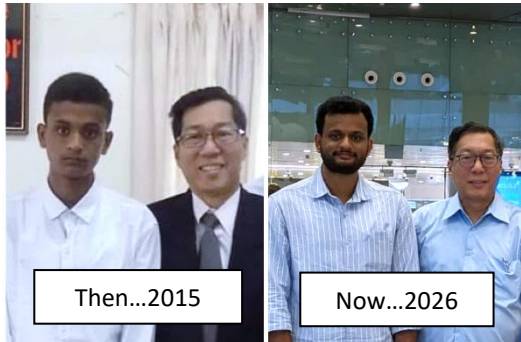




A Testimony of Gratitude & Blessing - My Singapore Trip & SHBPC Camp (5th – 15th JUNE)

By Rajesh Yeramati, Bangalore, India

I thank the Almighty God for His mercy, grace, and guidance throughout my Joyous time in Singapore. It is only by His providence that I was able to attend this camp, and I am deeply grateful to Uncle Jack and Aunty Angie for this



opportunity to learn, grow, and fellowship with God's people and their care and concern throughout my stay in Singapore. I also want to thank the Elder and Deacon, and all the members of Sovereign Hope Church for warmly welcoming me. Your kindness and hospitality have been a great blessing to me.

The camp was a truly an enriching and edifying experience as I learned about the ***“Biblical***

Perspective of the Christian and the Church in the Digital Age”, “Discipline of Edifying & Effective Communication”, Israel's history, and the advancement of technology, especially the developments in Artificial Intelligence, reminding me that **no matter how much technology advances, nothing can replace the necessity of God's Word in our lives.**



We must always continue to rely on God's Word and meditate on the Scripture daily, for it alone nourishes our souls and gives us wisdom for living in this digital age. I am thankful for the insightful teachings and preaching by Pastor Jack and Dr Scott, and the other speakers. Their sessions helped me understand not only biblical truths but also how Christians should



Test your reflexes!!!



A beautiful sunset....

faithfully serve God in present world and use their spiritual gifts for His glory. The fellowship I enjoyed with the brothers and sisters was very encouraging. Spending time with each one of you has strengthened and motivated me for ministry in India. **Seeing your love for Christ, your commitment to His church, and your service to one another has encouraged me to serve the Lord more faithfully and with greater zeal and enthusiasm.** I truly miss this brotherly love and fellowship I received which was a great encouragement to my faith.

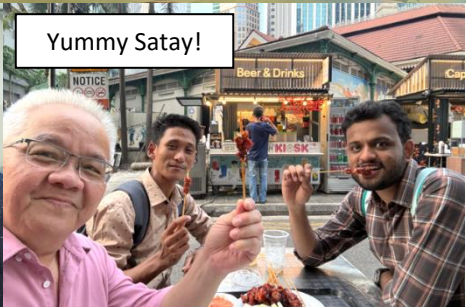
This was my first international trip and my first visit to Singapore. I was touched by the hospitality shown by all members of Sovereign Hope. The care I received from all of you truly reflected the love of Christ. I especially want to thank Auntie Angie for arranging accommodation and patiently taking time to show many beautiful places and rides on the MRT, making the entire visit a very memorable one. I'm very thankful for the generosity shown to me through the love gifts and valuable books I received.



Encounter the Pandas @River Wonders.



Passed the Durian Test!

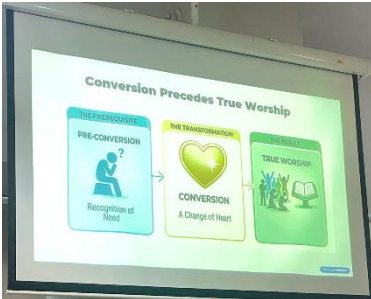


Yummy Satay!



Outreach at All Saints Home Tampines on 20 Jun 2026. Thank God for Bro Joseph Wee who shared the Gospel in English & Hokkien to the residents.

Last Sunday @ Sovereign Hope.....



Eld Jensen Lim and his son Ifan from Scotland. Eld Jensen shared a good seminar on **“Reformed Worship”** after the worship service.



Thank you, Eld YK and Bee Geok, for the yummy homemade Bak Changs enjoyed by Joy (& us all)!

Memory Verse

Matt 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

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 Gospel Sunday morning on "**Right or Wrong Eternal Priorities? (Matt 6:19-34)**".
3. Next Sunday Pastor will preach on "**Lessons from the Past [Deut 1:12-25]**", commencing a new quarterly series on "**Precious Insights from a Veteran Prophet - the Book of Deuteronomy**".
4. Sunday School classes after the worship service are:
 - Metaphors of the Church (Eld Dr Jensen Lim)
 - 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 Samuel and Heroes of the Faith.
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. Pray for:
 - **Myanmar Missions: Myitta** (Hmawbi Township), **Lapuii** (Yangon)
 - **India Missions: Ps Babu** (New Covenant BPC), **Ashi** (Calvary Reformed Church)
 - **Gospel Peace Station: Joseph & Rachel Wee**
 - **Medical: Kin Hoong's daughter Joyce** [chemotherapy], **Sharon** [recovery from viral infection], **Kim Meng's mother** [heart condition], **Agnes' parents** [medical conditions & salvation], **Joseph & Lilian's Dil Annabelle Chan** [knee injury],
 - **Dr Jason & Bee Leng** (Taiwan Attachment, 26May – 23Dec), **Dr Sam** [Transition to new appointment in Ningbo], **Yusong** [Scholarship for King's College, London]
 - **Lily Almon** [citizenship application]
8. 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.