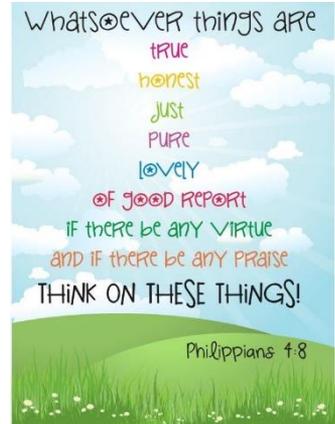


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Website: [www.sovereignhopebpc.org](http://www.sovereignhopebpc.org)  
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## Biblical Steps to Handling Anxiety and Excessive Worry

We live in a world of manifold uncertainty with the present unprecedented and prolonged pandemic. **Some of us or our children may feel a sense of fear or anxiety, or he or she could be mentally disturbed even for the youths or insecurity at one time or other for our lack of control over our future. It can result in serious pathological anxiety disorders for some and even panic attacks for others (ie even harming others) that may require biblical counselling or medical attention.** While many may worry in this fallen life, the Bible shows us how to manage and minimize worry and anxiety in our lives. Phil 4:6-8 says, *'Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.'* Therefore, do not worry about anything, but with prayer and supplication daily, make your requests known to God and then the peace of God will guard your hearts and minds in Christ Jesus. Remember that we have to take the conscious first step to learn to prayerfully cast our cares upon Him and not carry it on our own shoulders (Psa 5:3, Isa 41:10).



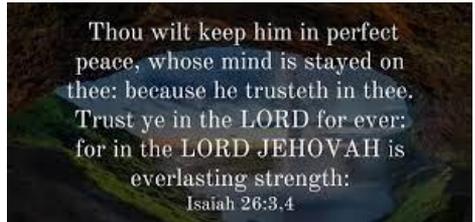
## The Avenue of Fervent Prayer and Corporate Fellowship and Worship

We have a great privilege as believers to have access to God. We can pray to Him about life's worries (Heb 4:16). The fellowship of the saints in your church is also important as you and your family gather regularly for corporate worship in the sanctuary of God. **The one who misses bible reading and sabbath worship is more vulnerable to temptation and the wiles of the devil. These corporate intercessory prayers are to be more than requests for favourable answers. They are to include petitions, confession of sins, concerns, thanksgiving and praise along with the needs.** Psalm 55:22 says,

'Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.' Praying is dependence on God and it is the way we are reminded of the many blessings God continually gives us whether we ask or not. This reminds us of God's great love for us, that He knows and does what is best for us and we can fully depend on Him. He will see us through every trial and testing by his sufficient grace (2Cor 12:8).

## Assurance and Security in Jehovah

**The Bible gives us doctrinal and practical insights into handling our manifold anxiety and excessive concerns. Worry is proportional to our knowledge of the Word of God and our sense of security.** Sometimes life is going as



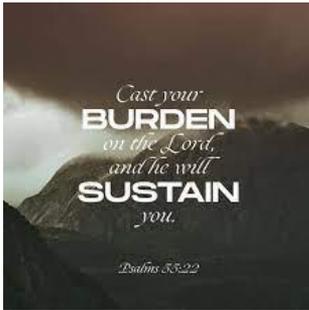
planned and we feel safe in our routines, but sometimes there are surprises in life too. Likewise, worry increases when we feel threatened by a deadly contagious virus, insecure over our jobs or our children's mental and spiritual wellbeing and relationships or are overly focused on the wrong things rather than the word of God. We need to focus and stay our minds on the Lord as the prophet says in Isaiah 26:3-4, *'Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.'* We have to do our part as well when we repent of our sins and concentrate and focus our minds on Christ and his promises and not doubt. 1 Peter 5:7 says we are to cast all our cares upon Jesus because He cares for us. The proper practice of believers is to take our worries to Jesus in prayer and leave them with Him. This reinforces our dependence on God, and faith in Jesus alone and not ourselves. Remember, without Him, we can do nothing (Jn 15:5). The psalmist says in Psa. 91:1,2 *He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.*

## The Right Focus and Priorities



Mt 6:33 gives us the right priorities in life which is Christ and not self or wealth or even health. Worries increase when we become focused on the wrong things rather than Christ. Jesus said the treasures of this world (including our bodies) are subject to decay and can be taken away, but heavenly treasures are secure (Matt 6:19).

**Therefore, we need to set our priorities on God and not on our work, leisure or money making** (Matt 6:24). Man worries about such things as their job, health, wealth, children, having food and shelter but all these are given by God. God provides eternal life and hope first, without which the concerns of life are meaningless.



Excessive and inordinate worry is unhelpful and can cause physical ailments like ulcers, insomnia, phobias, and other mental or psychological problems that can have destructive health effects that affect the quality of life. This is not the will of God for us to be afflicted in this manner with anxiety or excessive worry without the help of God (Psa. 55:22). We have to manage and fight it with enabling grace of the Holy Spirit and dare to rely on Him and live with peace of heart and mind. No amount of worry will add or change even

one minute to our lives, Jesus says in Matt 6:27 and 6:34. **Therefore, we need to be able to guide and help our children to be disciplined in our mental life and stop the unedifying worrying or panicky habit and let God take over from us. We are not created to carry this burden.** The Bible teaches us that we should deal with each day's problems in the strength of the Lord daily and not be obsessed with tomorrow's concerns that may or may not happen (Matt 6:34). Enough grace and strength is given to us for each day. Psa. 27:1 says *The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?* Do not be overwhelmed with fear of the present circumstances, but let God be your refuge and strength and the Rock of your salvation (Psa. 46:1).

### **A Disciplined Mind Set on Christ**

**The mind of yours and your child is a battle ground today as we are bombarded with all kinds of information daily and it can affect us adversely.** Paul in 2 Cor 10:5 reminds us of our duty, *'Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.'* The important thing is to get our minds in good focus on the Lord and his word and not be distracted by the things of this world such as excessive surfing the internet and the mobile



phone games daily, but instead we are to get our priorities right in life. In Luke 10:38-42, Jesus visited the house of the sisters Martha and Mary. Martha was busy with many duties trying to make Jesus and his disciples comfortable. Mary, on the other hand, was sitting at the feet of Jesus listening to what he teaches as in reading the word of God today. Martha complained to Jesus that Mary should be busy helping, but Jesus told Martha that she was worried and anxious about many things, but only one thing is needed, seeking Christ. Mary had chosen what is better and it will not be taken away from her (Lk 10:41-42). What an awakening for us! Are you a Mary or a Martha? **Something to think about and evaluate and apply it seriously in your lives in our exacting lifestyle**

of much hectic action and the lack of stillness or quietness before God (Psa. 46:10, Ex 14:14).

### Conclusion

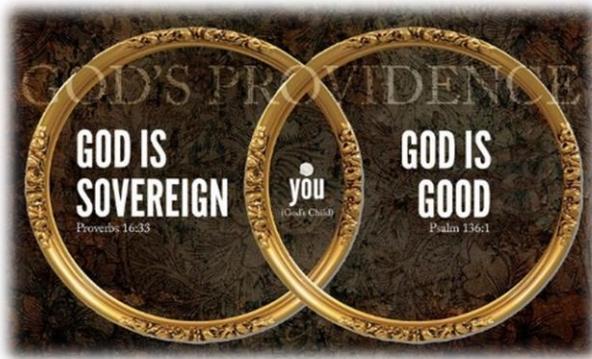
What freed Mary from the cares and worries experienced by her sister can be ours today as we are in the midst of a serious health and mental wellbeing crisis. **We have to trust God and to learn to cast our cares on the Lord and let Him be in charge. We will be satisfied with relying on His faithfulness daily.** Mary chose to focus on Jesus, listen to Him and ignore the immediate demands of work or burdens of hospitality. Mary was right and responsible, and she learnt from Jesus first, and later she would fulfill her duties. Mary had her priorities straight and right. What about us today? That is the first step to addressing this pressing concern. Let us seek God first with our hearts and minds and He will free us from the unnecessary anxieties and worries. When we honour Him first, He will take care of the rest of our concerns.

As the hymn writer properly says, "He will take care of us, through every day, over all the way, He will take care of us, God will take care of us." For those struggling with insomnia due to anxiety here is a tip from the psalmist. Psalm 4:8 says, '*I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.*' **Let us strive to consciously pray and cast our burdens and cares and trust fully and rest well in God and learn to do it daily (Psa. 37:3-7). That is our privilege as sons and daughters of the King. Pray, meditate and ponder about these truths and seek the Lord first and His Word.** It is possible for you and your children to be free from undue fears and anxieties in the sovereign will of God when we confess our sins and surrender our lives and trust and commit our ways to Him.

Jack Sin

(NB. for deeper studies, see William Bridge, *A Lifting for the Downcast*, 1995 and <http://christianity.about.com/od/topicalbiblestudies/a/anxiety.htm>)

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## ***Testimony of my Salvation.***



*“Because strait is the gate, and narrow is the way, which leadeth unto life and few there be that find it.” Matthew 7 :14.*

I was born into a staunch Hindu family where I had to go to the temple weekly and sometimes twice to worship the gods. Despite that, I felt lost and empty. I did not believe in it but did it out of obligation for my family.

My journey of life had been rough sailing until I came to know the Lord in the year 2000, through my husband, then fiancé. He brought me to Church under the care of Pastor Wan. Pastor taught me about the True God. I was so excited and never missed Sunday service though my family objected to it. Pastor Wan felt that I would be more comfortable with the Indian Congregation and, so he introduced me to the late Pastor Burt Subramaniam.

Pastor Burt took me under his wings and taught me Catechism class. Finally, on 18 March 2001 I was baptized by the late Pastor Burt into the family of Christ. It was a beautiful experience. I had never felt such PEACE before. It felt like I was surrounded by angels.

The sad thing was nobody from my family supported me or attended the ceremony but, it did not dampen my spirit as I knew God would direct my path from that day forward.

Putting my faith in Him, my life started to change. I had a direction in life, no more feeling lost as I knew where I came from and where I was heading. My faith was growing stronger and stronger.

Attending Bethlehem Bible Presbyterian Church from 2001 until now has been great as the people are genuinely nice but, there is a communication barrier. I do not understand the Tamil language and, Pastor Mani’s wife, sister Susila had to interpret the sermons for me. I am not able to understand the songs as well, only the music. There is no complete understanding of the whole worship service. When this sister goes to Malaysia, I will need to attend an English-speaking Church and that was when I started coming to Sovereign Hope BP Church.

I had always wanted to join an English-speaking Church but, because my husband is a Deacon in the Church, I felt it was my duty to support him. I prayed about it, and then I consulted my husband. Surprisingly, he was incredibly supportive and encouraging when I told him that I wanted to attend Sovereign Hope permanently. In November 2020, I spoke to Pastor Mani about it. He told me to pray about it for a while.

In June 2021, Pastor Mani and the Session finally agreed on the Transfer of Membership.

I have been attending worship service at Sovereign BP Church since July 2020. I was welcomed warmly by all, and I enjoy the sermons preached every Sunday as it is so refreshing and heart-warming with the Bible as the focus point. The songs and music are so meaningful, although we are not able to sing them out aloud.

The Catechism class I have been attending since July is beyond words. I have learned and am learning a lot with a group of brothers and sisters. We discuss and get lots of answers with references from the Bible. I feel I have grown stronger spiritually.

In short, why do I choose to join Sovereign Hope BP Church?

1. It is a God-fearing Church!
2. The Scriptures from the Bible are always taken seriously.
3. The congregation is friendly and warm.
4. I feel a sense of peace when I attend the service.
5. God is leading me to it!
6. I have grown Spiritually stronger.

I hope to be accepted, as a member of Sovereign Hope BP Church, with open arms!

Thank you!

Yours Sincerely,  
*Bhanmati Devi D/O Sakaldeo Singh*

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## 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

2 Tim 2:15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

## Announcements

1. Welcome to our Worship Service! For our visitors, do leave us your contact numbers in our guest book before you leave.
2. Pastor Jack speaks today on “**Study to be a Biblical Practitioner (2 Tim 2:15-19)**”, the new quarterly theme on “Finishing Well the Race of Life - The Epistle of 2 Timothy”. We will welcome sister Dewi Bhanmati to our church membership by transfer.
3. Pastor Jack speaks next Sunday on “**A Sanctified Vessel for God (2 Tim 2:20-26)**”.
4. The following Sunday School classes will be suspended till 18 Aug in compliance with Phase Two (Heightened Alert) requirements:
  - WCF Shorter Catechism Class – Pastor Jack
  - New Testament Survey – Dn Choo Siang
  - Studies in Numbers – Dr Kwong Leen
5. Chinese Fellowship meets on Sunday night at 7pm via Zoom with both local and overseas brethren.
6. Do send your prayer items to Pastor and join us for Church Prayer Meeting on Wed at 8pm via Zoom. The Jul prayer list is available from Dn Choo Siang.
7. Monthly Neighbourhood Bible Class that meets on the first Friday of each month in church on the study of 2 Samuel will be suspended till 18 Aug in compliance with Phase Two (Heightened Alert) requirements.
8. The Pandemic book can be purchased through Dn Yue Kay (Hp: +65 97450311) or via email at [sovereignhopebpc@gmail.com](mailto:sovereignhopebpc@gmail.com).
9. Do kindly observe the safety measures of the church and assist with the weekly cleaning of the premises.
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**

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