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# Ending the Year with Peace of Mind

We are coming to the end of 2023, and we are living in a world of serious global conflict and wars, earthquakes, spiritual deception and declension, unrest and profound confusion where



the quest for peace is elusive. The word "shalom" is a precious word to the Jewish people who are seeking peace but are yet to find it. Many are disturbed or troubled in their minds and anxiety disorder is a grave concern today with many plagued by mental illnesses on the increase in mental health issues Singapore. How can we have peace amidst all the noise, unrest and chaos in the world and how can our minds be filled with real serenity and peace as we close the year?

We shall meditate and consider the four Cs expounded from Isaiah 26:1-9:

### The Creator of Peace

The word '*thou*' in verse 3 and Jehovah in verse 4 are important. As Christians, this PEACE is found in Christ alone who is the Creator of the world and Redeemer. It is not found in self or good works or man or philosophy.

The first and second coming of Christ was prophesied 740 years before he was even born, stating that he would come to bring peace finally as the Prince of peace. He is the very foundation of lasting peace. The prophet Isaiah used a few terms to describe him below.

Isaiah 9:6 – For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, and The Prince of Peace.

Christ is the fountain and source of peace. He promised that He would give us peace, that will give us victory over fear and trouble, provided we turn to him in faith and repentance.

John 14:27 - Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

But even in tribulation and trials of suffering, it is possible to be of good cheer because He has overcome the world of sin by his death on the cross and he promises us victory and lasting peace.

John 16:33 - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

#### **Conditions for Christ's Peace**

Isaiah 26:3 - Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

That is, we need to make a conscious effort to stay or focus our mind on Christ and not on the things of the world. (Mt 6:33, Col 3:1,2) This is the only way. If we are constantly distracted by the cares of the world and the deceitfulness of riches, it robs us of our precious peace with God. Concentrate your faculties on the right person and it will change use



the right person and it will change your life.

2 Timothy 1:7 - For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Believers can have a transformed and sanctified mind by the Word of God and he or she can be used of God for His edifying purpose.

Mark 5: 15 - And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his right mind: and they were afraid.

Note that this implies that the person was not in his right mind initially but was after Christ changed him. The power of the gospel transforms our minds. Paul tells us in 2 Corinthians 10:5 - 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.

We need to work on discipline and the developing our minds. Our thoughts must be Christ-centred and edifying, not corrupt or perverted. We must trust and believe in Christ first. He will bring us true lasting peace in our hearts when we seek him sincerely in humble fervent prayer.

Consider Paul who gives us a think list or recipe for peace of mind.

Philippians 4:6-8 - Be careful for nothing; but in every thing 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.

Philippians 4:8 is a think list for all to note.

Note Psalm 56: 3-4,10-11 which says - What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me. In God have I put my trust: I will not be afraid what man can do unto me. Thy vows are upon me, O God: I will render praises unto thee.

Only God is worthy of our complete faith and trust. There are many people who toil for worldly success and pleasure. Though they may seem rich or even happy externally, deep down, they do not have true peace with God and with themselves as a result. It is a temporal or false peace that is empty, and they will discover that it is helpless and meaningless without Christ as their Saviour.

#### **Commitment to Peace with God**

There must be serious commitment to what God wants of us to be or to do in life. This commitment to peace must be shown in our conduct and character as an example of our faith to others when we stay on Christ and trust in Him alone

(vs 4). It requires much discipline, effort and strong convictions in the Lord as well.

Isaiah 12:2 - Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song;

HOW CAN I STAY FOCUSED ON CHRIST:

he also is become my salvation.

John Piper suggested some areas that will help to practically bring about peace of mind in us. Here are some of them below (edited):

- Don't allow material abundance to choke the word of God in us (Matthew 13:22).
- Rejoice even when sorrowful over loss and pain (2 Corinthians 6:10).
- Be content even when experiencing little provision or deprivation (Philippians 4:12).
- Be bold in the Lord even in the face of fearful threats, tribulations and testing (Acts 4:29).
- To peace even when facing pressured trials (Philippians 4:6–7).
- To joy and comfort in the Lord even when enduring severe afflictions, bereavement or illnesses (2 Corinthians 1:3–5).
- To hope in Christ when all around our soul gives way (Psalm 42:11).

- To be gracious in our patience and perseverance under pressure and stress (Colossians 1:11). To be a blessing to others even though some may accuse and undermine and go against us (Romans 12:14).
- To be courageous in giving up the world and our earthly life and property for Jesus's sake (Matthew 19:29).
- To overcome discouragement by our trust in God in the midst of adversity and weakness (2 Corinthians 12:10).
- To not allow indwelling sin to reign over us nor allow man nor Satan to accuse or condemn us (Romans 6:12, 8:1).
- To reach out and share Christ with sinners who need the gospel (John 15:12; Romans 12:10; Romans 9:1–3).
- To face every other testing and anxiety-producing trial with faith and strength that God provides.

#### **Consequences without Peace with God**

We are all born in sinful depravity and are spiritually bankrupt. We can do nothing to save ourselves (Rom 3:10-12). As sinners we have offended God and have lost the basis for peace. One day Christ is coming again with righteousness as the King of kings, and He will deliver divine judgement. Let us turn to Him in repentance of our sins and seek for divine peace with God before it is too late.

Isaiah 26: 19-21 - Thy dead men shall live, together with my dead body shall they arise. Awake and sing, ye that dwell in dust: for thy dew is as the dew of herbs, and the earth shall cast out the dead.

Come, my people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be overpast.

For, behold, the LORD cometh out of his place to punish the inhabitants of the earth for their iniquity: the earth also shall disclose her blood, and shall no more cover her slain.

If we do not have peace with God through Christ our High Priest as our Mediator (1Tim 2:5), then we will not know the everlasting peace of God in our hearts that is beyond this life. There are serious temporal and eternal consequences if we fail to get right with God through Christ. A disturbed or unsettled, troubled mind could be one of them and we need to get it right.

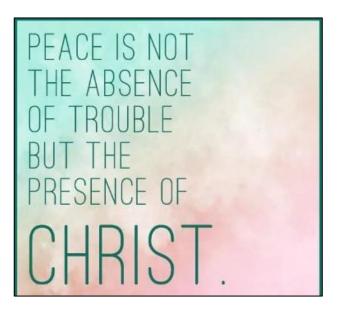
# Conclusion

We need to end well this year by seeking the peace of God through Christ. We live in a war torn and troubled world today with physical moral and spiritual decadence without the saving power of Christ. The only real peace will be when the Prince of Peace, the Lord Jesus returns for us. In the meantime, our lives and our minds need to be taken care of by the Lord who is our Deliverer and Refuge. He can "guard our hearts and minds through Christ Jesus." (Phil 4:6).

Do you have real peace in your life? Christ is the only remedy for fallen man and not self-help or secular meditation or manmade ways. Will you pass the test and obtain eternal peace before the year is over?

Repent and Seek Jesus Christ as your personal Saviour and Lord now and experience everlasting inner peace in and with Him today and always.

Jack Sin



# THE MAJESTY & SUPREMACY OF THE SON OF GOD

Lord's Day Programme for January to March 2024

#### JANUARY

- 7 Christ, the Name above All Names (Heb 1:1-14)
- 14<sup>\*</sup> The Warning & Work of **Christ** (Heb 2:9-18)
- 21 Admonitions from the Wilderness (Heb 3:1-14)
- 28 Precious Promises & the Power of God (Heb 4:1-16)

#### FEBRUARY

6th Thanksgiving Anniversary

Equipping a Worshipping Working & Witnessing Transformed Church Community (Rom 12:1-13)

- 11<sup>\*</sup> Christ, the Perfect Great High Priest (Heb 5:1-14)
- 18 Appeal to Spiritual Maturity (Heb 6:1-12)
- 25 Understanding Christ & the Sanctuary of God (Heb 9:11-28)

#### MARCH

- 3 The Lamb of God & Challenges to the People of God (Heb 10:11-25)
- 10<sup>\*</sup> Examples of Faith Tested & Tried (Heb 11:1-16)
- 17 Counsel for the Christian Race (Heb 12:1-17)
- 24 Sacred Duties of Every Believer (Heb 13 :1-17)
- 29<sup>\*</sup> Good Friday The Vicarious Atonement Explained (Rom 5:6-19)
- **31 Resurrection Sunday Service** The Implications of the Empty Tomb (1 Cor 15:1-23)

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# Christmas Outreaches in Bangalore



New Covenant BPCI (Ps Babu)





Calvary Reformed Church (Ps Lazarus)



# Christmas Outreach at Sovereign Hope BPC



Thank God for many invited friends and regular worshippers who heard the message of Christmas & a special carol by John & Lily Almon.



A simple and sumptuous Christmas Lunch Fellowship.

OVEREIGHTIOPE



# Memory Verse

Titus 2:13Looking for that blessed hope, and the glorious appearing of the<br/>great God and our Saviour Jesus Christ;Heb 9:27And as it is appointed unto men once to die, but after this the

Heb 9:27And as it is appointed unto men once to die, but after this the<br/>(watchnight)judgment:

# Announcements

- 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 on this last day of 2023 as follows:
  - This morning on "The Body of Christ & Its Future (Heb 12:1-4, 22-29)", completing the quarterly series on "The Nature and Duties of the Body of Christ".
  - Watchnight Service at 8pm tonight on "What will happen when I die? (Luke 16:19-31)". The Lord's Supper will be served.
- Next Sunday morning, Pastor will preach on "Christ, the Name above All Names (Heb 1:1-14)", starting a new quarterly series on "The Majesty & Supremacy of the Son of God (Book of Hebrews)".
- 4. Sunday School classes after the worship service continue as follows:
  - Westminster Confession of Faith Pastor
  - Studies in 2 Chronicles Dr Kwong Leen
- Chinese Fellowship meets on every Sunday night at 7pm via Zoom with both local and overseas brethren. We have systematic studies on Kingdoms, Covenants and Canon of the Old Testament and the Parables of Jesus. Join us for a time of profitable learning. [Zoom ID:883 9662 4157 Passcode:625551].
- 6. Pray for our brethren in their travels: Joseph & Rachel (18/12- 7/1), Marilyn (8/12- 7/1), John & Lily (25/12-mid Jan).
- 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]
- 8. 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.
- 9. 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.

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