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5Ps for Managing Testings in Life in the Lord

Isa 43:1-3 *"But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.*

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

For I am the LORD thy God, the Holy One of Israel, thy Saviour: I gave Egypt for thy ransom, Ethiopia and Seba for thee."

There are possibly different testings and trials in life and here are some relevant practical pointers for us to consider by the grace of God.

Perseverance in the Lord

We must learn to reflect and endure as God's grace is sufficient for us and we need to press on and not despair or give up. We need to ask and pray for strength to continue to humbly seek and honour God even when we may not see immediate answers or relief now but let God be sovereign to decide as His will is the best for us. Psa136.

Praise & Worship of God

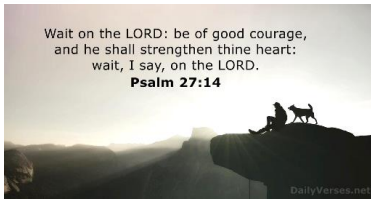
In your darkest moments learn to seek and sing from our hearts to exalt Christ with psalms and hymns and listen to and obey His Word and to acknowledge God's goodness and sovereignty even amid suffering and pain. Praise is the new language we need to learn here on earth in our lifetime for we speak that language in heaven one day. Every sabbath service is a rehearsal for this glorious day. Col 3:16.



Prayerful Supplications in Humble Submission

Let us humbly bring specific requests before our Father, beseeching Him for the forgiveness of sin in sincere confession and repentance, for guidance and comfort, or even healing or otherwise as He wills, and for divine provision and direction in our times of need and pray for one another and together as a body of Christ in our personal devotions and the church corporate prayer meeting in the fellowship of saints and to intercede for others as well. Phil 4:6,7 and Heb 4:16.

Persistence and Patience in Waiting Upon the Lord



There is a difficult 4-letter word for all believers, and it is the word, **WAIT**. Sometimes, God's answers to our prayers do not come immediately, and our prayer during our distress or trials may require much needed patience for God has a better plan and a purpose in due season

and we need to wait (and not be idle) and trust in His perfect timing and not ours. Rom 8:28, Psa 27:14.

Power of Peace of Heart and Mind in Divine Protection & Provisions



There is a precious word to the Jews, and it is *Shalom*. Jehovah Shalom is our God and our Peace, and we are comforted by it. We are not alone, for God is with us even though we may not feel it. He can give lasting serenity in our souls and peace and comfort to us even in the midst of our tribulations and the darkest valley of fear and even in the midst of impending death and in times of sickness, loss of jobs or depression or bereavement as we read and trust in His Word and His promises. John 14:27 and Isa 26:3,4.

The prophet says in Isa 41:10, "*Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*"

May the Lord guide and lead us in all the trials of life with His sovereign grace and mercy. Isa 43 1-3 and Psa 55:22

Jack Sin

Transfer of Church Membership 23 July 2023

*-Paul Tan Kah Choon-
- Almon John Alarcon Siason -
- Lily Joji Mislang Seguiro –*



**Testimonies
&
Praise Item**



Greetings from Adelaide, Australia

Dear Pastor Jack and Sister Angie,
Thank you very much for the wonderful reports of the ICCC Congress in Collingswood.

Praise the Lord for all His blessings He has showered upon you all. We remembered you all in our prayers.

We deeply appreciate all your messages, photos, and ministries. I Cor. 15:58.

May God continue to bless you richly and use you for His glory.

Yours in Christ,
*Rev and Mrs Paauwe
Adelaide Australia*

Reflections on SHBPC 4th Retreat - By Ting Ong Keok & Ling Ah Ngik -

We are very appreciative and honored of being invited by Rev. Jack Sin to SHBPC retreat and to learn that by God's grace and mercy, Rev. Jack, with unfailing help from his beloved and gentle wife, Angelina, not only founded SHBPC five years ago, but it has grown well, reaching out to the communities and even to neighboring countries.



A. We **thank GOD** for His bountiful blessings on SHBPC, the 2023 camp, and for:

- Rev Jack Sin in founding the church, “...Be strong, be very strong...”, and his devotion “...As for me and my household we will serve the Lord”, in the midst of very difficult and trying years.
- Advisory Pastor, Rev. Philip Heng, GBPC, for delivering a series of very powerful and biblical thematic message.
- The wonderful and serene venue conducive to worshiping the Lord, getting to know and fellowshiping with one another and listening attentively to the message.
- The team headed by Dn. Yue Kay for preparing the brochure and our hearts to know God and each other better.,

B. The **Thematic Messages on “Exercise unto Godliness in an ungodly world”** covered four topics which were rich, apt and helpful. By consistently exercising onto godliness in an ungodly world throughout one's life journey, we will grow morally and spiritually, and be fit to help others to know God that they too will be saved and do likewise.

Rev. Philip Heng, though looking a little frail, delivered the message powerfully and with great conviction, using incredible amount of Scriptural quotations, evidently living out what he shared with us. One cannot help but to listen attentively and take to heart the message.

- a. Rev. Heng started the message #1 “Danger of Worldliness”, calling to attention that everyone is exposed to the danger which is highly contagious and destructive. For the unregenerate, worldliness makes it difficult to listen to/accept the gospel with dire consequences. For hypocrites/professing Christians saying “Lord, Lord”, they would be terrified to hear Jesus say, “... I never knew you. Away from me, you evildoers!”. For the believers, it may mean declension and barely making through the fire to heaven. But there is great reward for those who stand firm to the end to be with the Lord forever.



Rev. Heng illustrated the danger of worldliness and the consequences in Matt 24:1-51. In this chapter, Jesus tells his disciples: “...Watch out that no one deceives you” v5; they will be “...Handed over to be persecuted and put to death...” v9; “The love of most will grow cold,

but he who stand stands firm to the end will be saved “ v12-13.

Jesus also tells of his return containing both good and bad news: “At that time... the Son of Man will appear... all the nations ... will mourn. ... his angels will gather his elects ... from one end of the heavens to the other” v30-31.

Jesus then tells about remaining watchful. “No one knows that day or hour ... but only the Father” v36. “That is - how it will be at the coming of the Son of Man. Two men will be in the field; one will be taken and the other left.

Two women will be grinding ... one will be taken and the other left. Therefore keep watch because you do not know on what day your Lord will come” v39-42. 2 Pet 3:3-18 also recounts fairly similar danger. **Yes, these passages still apply today. We must constantly keep watch, exercising onto godliness in an ungodly world.**

How do we rid of worldliness? Do not love the world, be trustworthy, say no to ungodliness and worldly passions, and to live self-controlled, upright and godly lives, while waiting for the blessed hope, the appearing of Jesus Christ. Offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Do not conform any longer to the pattern of this world but be transformed to the renewing of your mind. All these may sound familiar but are exceptional ways to rid of worldliness. They come from the Scriptures provided by Rev. Heng in the camp booklet.

After the message, small groups discussion questions helped to enlighten our understanding, examine our practices and attitudes, observe what goes on around us and how we cope with issues associated with worldliness.

- b. I found the structure for each of the four topics of the thematic message exemplary. It consists of HOLY SCRIPTURES, OUTLINE, and QUESTIONS FOR DISCUSSION. The message for each OUTLINE was systematically organized with predominantly references from the Bible. The speaker elaborated, explained and added materials as he saw fit. By only following the OUTLINE and HOLY SCRIPTURES, one gets a good idea of the message which was also recorded. We may use them (HOLY SCRIPTURES, OUTLINE and recording) anyway we want to glean more of the beautifully crafted message. Enjoy doing it as I happily move on to complete the following part of my reflection.



C. Workshop, “Coping with stress with Biblical resources in anxious times”.

The workshop was presented by Rev. Jack Sin. It is a message everyone would eagerly listen and learn how to cope with the stress. It happens to all (no one is exempted) since the beginning of time, and affects us in many different ways (sickness, losing jobs, natural disasters, war, etc. The outcome is mostly bad but can be beneficial). Why does it

happen? (self-imposed, greed, not trusting God for his provisions, comes from others or uncontrolled sources). What are the symptoms of anxiety? What are the real problems and resources that enable us to cope with stress?



Rev. Jack talked about these in the presentation, which can also be found in the camp booklet. For those who want to know more, he pointed us to William Bridge, page 24 of the camp booklet. Note carefully the title of the workshop: "COPING with Stress with Bible Resources in Anxious Times". (It does not mean we ignore anything not coming from Biblical sources but be discerning. Whenever in doubt, seek advice from people you trust). Biblical


resources, many coming from Jesus personally, Paul, the greatest missionary on earth, and throughout the Bible, provide bountiful, reliable and beautiful ways to cope with stress.

Rev. Jack talks mostly about biblical ways to cope with stress which are: (a) Consider Priorities (b) The Nature of the Mind (c) Lectures from Nature (d) A Biblical Example (e) Right Goals of Coping with Stress (f) Holy Satisfaction (g) Regular Physical Exercise (h) Focus and Fixation on Christ and His Word (i) The Place of Supplication and Intercession.

I would add one more to the list, "Do Not Worry" : ... God can be trusted with the details of your life; worrying about the future hampers your efforts for today; it is more harmful than helpful; God does not ignore those who depend on him; worry shows a lack of faith ... ; there are real challenges God wants us to pursue ... ("But seek first his kingdom and his righteousness, and all these will be given to you as well "Mt 6:33); living one day at a time keeps us from being consumed with worry". Notes from NIV, revised August 1983.

Rev. Jack concludes "Stress need not destroy us but be used by God for our spiritual and physical revitalization as well as when we respond with biblical resources and God's given directives". What a beautiful way to end the message, turning from something — stress and anxiety — we drag but used by God for our revitalization.

D. What Should I Do After the Retreat?

- ✓ Thank God for his blessings to all who attended the retreat.
- ✓ Pray that God and His Word would govern more of my life and loved ones.
- ✓ Identify few key action items to work on, such as: personal holiness, paying attention to God's answer to my prayers, regarding declension among my church leaders, salvation of my loved ones, and the nurture of the mind.
- ✓ Read/listen again to the messages to learn more put those closest to my  into practice.



Amen

LORD'S DAY PROGRAMME FOR JULY - SEPTEMBER 2023
DISCOVERING AND APPLYING THE JOHANNINE EPISTLES
- STUDIES IN THE EPISTLES OF 1, 2 AND 3 JOHN

JULY

- 2/7 MISSIONS SUNDAY:
Fellowship with God in the Light (1 John 1:1-10)
- 9/7* Christ, the Propitiation for Sinners (1 John 2:1-11)
- 16/7 Beware of a Secret Affair with the World (1 John 2:12-29)
- 23/7 Hope & the Purification of Life (1 John 3:1-10)
- 30/7 Loving God from the Heart (1 John 3:11-24)
-

AUGUST

- 6/8 Warning to Falsehood & Deception (1 John 4:1-6)
- 13/8* The Supreme Love of God & Our Response (1 John 4:7-21)
- 20/8 The Victory of Faith over the World (1 John 5:1-9)
- 27/8 Knowing God & the Practice of Prayer (1 John 5:10-21)
-

SEPTEMBER

- 3/9 Walking in Love & Truth (2 John 1-6)
- 10/9* The Doctrine of Christ & Biblical Separation (2 John 7-13)
- 17/9 A Case Study of 3 Characters (3 John 1-12)
- 24/9 GOSPEL SUNDAY:
In Search of Peace with God (Rom 5:1-8)
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Memory Verse

1 John 3:16 Hereby perceive we the love of God, because he laid down his life for us: and we ought to lay down our lives for the brethren.

Announcements

1. 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 this morning on "**Loving God from the Heart (1 John 3:11-24)**", the new quarterly series on "Discovering and Applying the Johannine Epistles – Studies in the Book of 1, 2 and 3 John".
3. Pastor will preach next Sunday on "**Warning to Falsehood & Deception (1 John 4:1-6)**".
4. Sunday School classes will follow the after the worship service:
 - Westminster Confession of Faith – Pastor
 - Studies in 2 Chronicles – Dn Kwong Leen
5. Chinese Fellowship meets on every Sunday night at 7pm via Zoom with both local and overseas brethren. We have systematic studies on Basic Theology, and the Parables of Jesus. Join us for a time of profitable learning. [Zoom ID:883 9662 4157 Passcode:625551]
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:218178]
7. **Church Family Day** will be held on the morning of **National Day Wed Aug 9** at the Rifle Range Nature Park. **Meet at 8.30am, Beauty World MRT Exit A.** There are 2 routes planned – Easy-peasy or Adventurous! All are welcome! **Register with Paul Tan (hp: 9731-4733).**
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.
