

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](http://www.sovereignhopebpc.org)  
Rev Dr Jack Sin: 91160948 (hp) / [jacksin710@gmail.com](mailto:jacksin710@gmail.com)  
Elder Loke Tat Luen: [lloke822@gmail.com](mailto:lloke822@gmail.com)

---

## **Biblical Directions for Those Affected by Obsessive Compulsive Addiction**



Addiction or obsessive compulsive behaviour is a serious and prevalent problem among youth and even adults in our times and many are caught in this diabolical snare. Some have consulted psychologists and psychiatrists to try to resolve this matter. The Bible is an authoritative and sufficient guide to counsel us in all things including the spiritual, social and moral ills of our times. The principle of the stewardship of time is the first thing to consider. We need to ask a honest question when we engage in an activity, is this the best use of our time in the light of eternity? This can apply to anything from vaping, drugs, smoking, gambling to watching online movies in *Netflix* or *Spotify*, TV, listening to secular music on the mobile phone, always on the handphone with online shopping or social media, chatrooms and *Twitter* or playing computer games till late at night. Do these have the potential to also distract my attention from knowing, worshipping and loving God and reading His Word and prayer? Is there a possibility for these things to become an idol for me and displace my love for God (Col 3:5; Rev 2:4)? Below are some practical pointers to ponder regarding playing video games or any other earthly pursuit.

1. **Will these movies or games build up in me a sound edified mind given to the fear of God?** To edify means to build up. Will playing video games build up your devotion for God, the knowledge of Him in His Word, and our effective outreach to save souls or our ministry to others? Yes, everything is allowable but is it spiritually profitable, positive or constructive (1 Cor 10:23-24; Rom 14:19)? There is a proper place to unwind or for relaxation, but it is to be a spiritually uplifting activity or praiseworthy to God. Phil 4:8 says, *'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.'*

2. **Will this constant watching of movies or playing of mobile phone games exalt self or God in the end?** God's will for His children can be summed up in His greatest commandment, *'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'*; and *'Love your neighbour as yourself.'* (Luke 10:27). Our world has been polluted by sin. Because we have been saved from our selfish desires, we should surrender our will (Phil 3:7-9). God's will should transform our will (Psa 143:10). Progressively, His desires for us should become our deepest desires as well.

To be sanctified or set apart for God as holy is a command of God (1 Pet 1:16) and it is a lifelong process that we must strive to be holy and set apart for Him. It is our joy and privilege to ask God to give us the power to delight in Him and His Word and prayers instead. We should delight to do His will always (Psa 40:8; Heb 13:21).

3. **Does the obsession with mobile game glorify and magnify God and His name?**

Some computer games glorify violence, lewdness, and even the occult. Some of these games require the person to fight against demons, ghosts, imps, spirits in graveyards, or hell and some even to cut off heads and limbs and to brutally kill someone virtually. Is this right before the thrice holy and just God? Some role-playing games have caused phobias and irrational fears in some of its players. Some have even reenacted them in real life and get into trouble with the law. As Christians, we should be interested in those activities that bring glory to God and help us to grow in the knowledge and grace of Christ. 1 Cor 10:31 says, *'Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.'*



4. **Does the constant playing of these games constitute a form of good works or good testimony commanded of God?** We are created in Christ Jesus for good works for His sake (Eph 2:10; Tit 2:11-14 and 1 Pet 2:15). Every Christian should strive to do something with their lives towards this end. A good example and testimony are important. What will others think of us if we engage in this activity? Slothfulness and self-indulgence are not consistent with God's sovereign purpose for us. We are to instead do good works to glorify God and to minister to others as well (1 Cor 15:58; Gal 6:9-10).
5. **Will the obsession with these video games improve my temperance or self-restraint?** While it is not wrong to play an educational game or a mentally stimulating game, but the question is can this computer game become an addiction or an obsession in itself for me? We are not to be slaves of anything for Christ has set us free. The problem with drugs, drinking alcohol and smoking are because these are enslaving activities,

and we can be brought under subjection. Paul warns us of disciplining the body so we may win the prize. Christians have a greater motivation to live a consecrated life of temperance to gain the everlasting prize in heaven one day (1 Cor 9:25-27).

6. **Will the obsession of these games constitute a time robber, or does it help me to redeem the precious time that is going by quickly?** Eph 5:15-16 says, *'See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil.'* All of us will give account for how we employ our limited times. Can you account for spending so many hours playing a game before the Lord at the judgment seat of Christ one day (2 Cor 5:10)? Think about it prayerfully. Let us choose to live for God and not for fleshly reason or pandering to our selfish desires only (1 Pet 4:2; Col 4:5, Jas 4:14, and 1 Pet 1:14-22) and employ our time for eternity's sake.
7. **Does this activity pass the test of 1 Cor 8:9?** 1 Cor 8:9-12 says, *'But take heed lest by any means this liberty of yours become a stumbling block to them that are weak. For if any man see thee which hast knowledge sit at meat in the idol's temple, shall not the conscience of him which is weak be emboldened to eat those things which are offered to idols; And through thy knowledge shall the weak brother perish, for whom Christ died? But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ.'* When you are obsessed with playing computer games, your testimony is at stake and your focus on secular things is a bad example to others and may even stumble some. Do not let this happen and destroy your good influence in them for Christ peradventure you may share the gospel to them. Do not be a stumbling block but be a stepping stone for others in their walk of faith. Let us do all things for Christ and for our brethren's sake.
8. **Will the long-term obsession with games fit in with my life goal for God?** The chief end of man is to glorify God and to enjoy Him forever. Ask yourself, will these amusements fulfil my life purpose or aims (Ecc 12:1)? Paul in Acts 20:24 says, *'But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God.'* Am I regressing in my spiritual life and be part of this crooked and depraved generation (Phil 2:15)? Are we really different from the world because of Christ has made a significant difference in our lives?

The joy of knowing, loving, and obeying God should be our highest priority (Phil 3:7-10). Will playing computer games demonstrate my faith and consecration to God or on the contrary, my lust for the things of the world which should not be? Remember Demas who fell away in 2 Tim 4:10 which says, *'For Demas hath forsaken me, having loved this present world, and is departed unto Thessalonica; Crescens to Galatia, Titus unto Dalmatia.'*



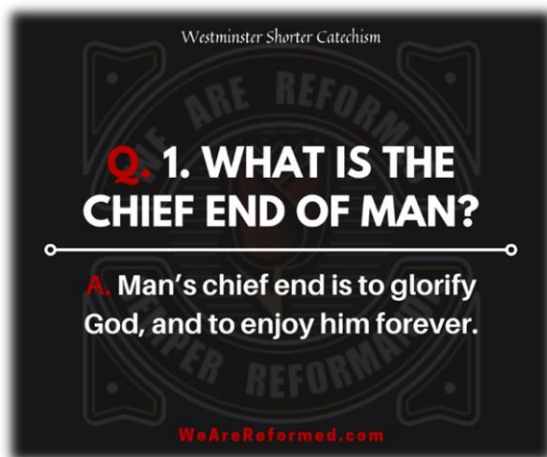
9. **Will the incessant playing of these games give me an eternal purpose or sense of hope?** Christians have the hope of eternal rewards in heaven if they are faithful on earth (Matt 6:19-21, 1 Cor 3:11-16). Note that we cannot serve two masters, God and mammon and we need to make up our minds to choose God (Matt 6:24). God gives us strength and enjoyment through times of work, rest and relaxation (Ecc 5:19; Mat 11:28-29; Col 3:23-24). There is a time for everything, and we must find that balance between hard work and a time for recreation. When we do set aside time for relaxation as Jesus did (Mark 6:31), we should choose edifying activities like jogging, swimming, reading a book or spend time fellowshiping with godly friends and family.

## Conclusion

Finally, in my counselling all these 3 decades we see this prevalent behaviour of obsession and addiction and we need to ask ourselves do we want to continue to indulge in these movies or games knowing fully the potential harm or demerits of it to your soul? The important question we should all answer: Will I glorify God in this activity or edify others which are our chief end in life as a good steward of Christ? Let us pursue God honouring activities. Let us live and prepare for eternity for the world is passing away soon and the lusts thereof (1 Jn 5:17). Let us make this sacrifice for the Lord who died on the cross for our sins and gave Himself a ransom for our souls and by God's grace and enablement, stop this obsession or addiction for Christ and for our own soul's sake. Hope this helps.

*Jack Sin*

(NB. For deeper studies, read Mark Shaw, *The Heart of Addiction, A Biblical Perspective*, 2008)



# SOVEREIGNHOPE

bible presbyterian church

What can I or my family do if I contract an infectious disease?  
What are the medical options and consideration that I should be aware of?  
**Come and find out from an Expert at this Seminar!**

**MAY DAY SEMINAR**  
**WED 1 MAY 2024, 9.45AM – 12NN**

**Health & Healing for  
Those with  
Infectious Disease**



Speaker:  
Dr Shawn Vasoo  
Infectious Disease Expert



**ALL ARE WELCOME!**

Venue: Sovereign Hope Bible-Presbyterian Church  
160 Paya Lebar Road, Orion@Paya Lebar  
#04-06, Singapore 409022

Enquiries: Deacon Yue Kay [hp:9745 0311]

Registration:

(1) via QR Code

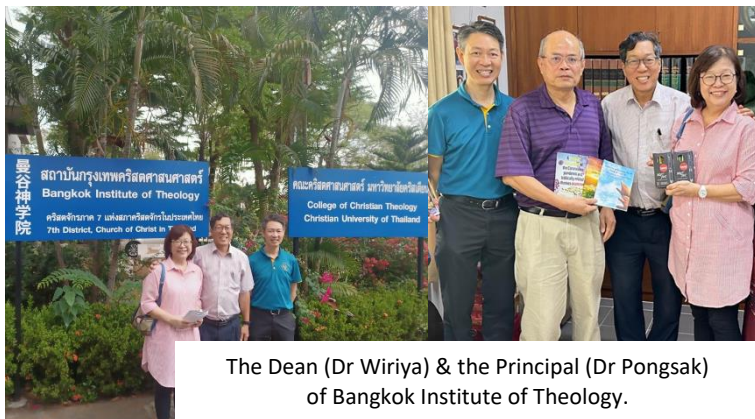


(2) Form Link: [Registration Form](#)

Deadline: 22 April 2024.



# A Note of Thanks from Bangkok



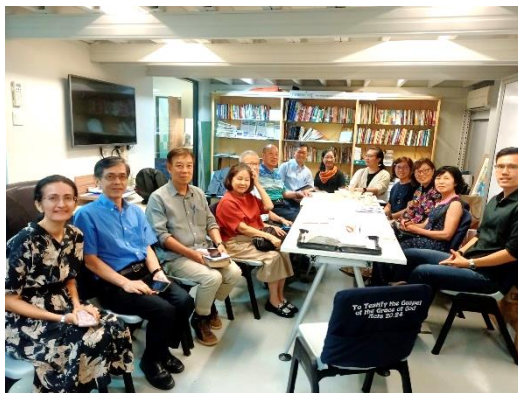
The Dean (Dr Wiriya) & the Principal (Dr Pongsak) of Bangkok Institute of Theology.

Dear Dr. Jack Sin,  
It was such a good opportunity to meet you yesterday (10 Apr 2024). Thank you very much for the books which you have generously donated to the library of BIT. Your donation is greatly appreciated and will serve to help equip God's servants here in Thailand. Good resources are very important in our mission to train leaders for the local church, and we greatly appreciate your partnership in this. May God richly bless you.



Sincerely yours,  
Arisa  
Librarian, Bangkok Institute of Theology  
11 Apr 2024

SHBPC Sunday School Class  
on  
“How to Interpret the Bible”  
conducted by Pastor.





Pray for wisdom for our domestic helpers as they serve God in their respective homes.



Pray for Jireh for wisdom in his studies and to draw near to God.



Blessed Birthday, Rita!  
21 Apr 2024



Sun Sch Class on "The Attributes of God by Bro Andrew.



Fraternal Fellowship of Brethren in the Ministry.  
23 Apr 2024



Breakfast Outreach to Emily, a Macpherson resident, a contact from our door-to-door evangelism in Mar.

## Memory Verse

*Jas 3:2* For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.

## 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 morning on "***Discipline of the Tongue [Jas 3:1-12]***", the quarterly series on "***Christian Disciplines in the Lord***".
3. Next Sunday, Rev Matthew Yong will preach on "***Discipline of Fervent Prayer [Jas 5:14-17]***".
4. Sunday School classes after the worship service continue as follows:
  - How to Interpret the Bible (Pastor)
  - Studies in 2 Chronicles (Dr 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 Old Testament Foundations and the 10 Commandments. Join us for a time of profitable learning. **[Zoom ID:883 9662 4157 Passcode: 218178]**.
6. Pastor and Angie will be away in Adelaide (1-10 May) ministering at Hope BPC. Rev Nathan (hp:97387097) will provide pastoral support during this period when needed.
7. 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].
8. Pray for:
  - May Day Seminar on 1 May
  - Travels: Peter (26/4-15/5), Pastor & Angie (1-10 May), John Wong (3-23 May), John Almon (Philippines), Perry (Philippines)
  - Anthony's recovery from radiotherapy and lung cancer.
9. **Annual May Day Seminar** is held on **Wed 1 May 2024, 9.45am – 12 noon** on "***Health and Healing for Those with Infectious Disease***" by **Dr Shawn Vasoo**. Those interested can inform Dn Yue Kay at 9745 0311 by today.
10. **Annual Church Camp** will be held on **June 11-14, 2024**, at **Lotus Desaru Beach Resort** on the theme "***Biblical Pathway for Church Growth & Health***". Rev David Khobal, Principal of Myanmar Theological Seminary, will be our Camp Speaker. Contact Dn Yue Kay (hp:97450311) or Dn Paul (hp:97314733) for more details and registration by 30 April 2024.
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**

Kindly indicate "**Church Building Fund**" if you would like to designate towards this cause.