

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
Elder Loke Tat Luen: tloke822@gmail.com

Biblical Principles for Good Time Management (Part 1 of 2)

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."*

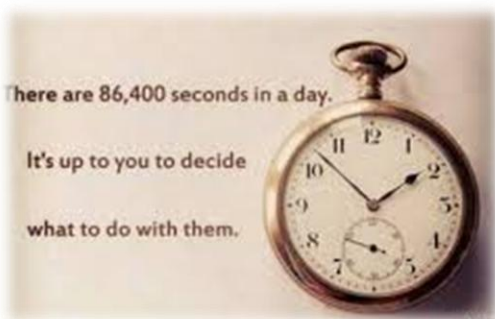


The importance of good stewardship of time cannot be over-emphasised (Eph 5:15,16; Col 4:5). We have time, talent and treasure (or resources) for our earthly usage, to be accountable for one day. Believers have a grave duty to account for the employment of their time here on earth at the judgment seat of Christ one day (2 Cor 5:10).

A Poser

Consider this. What would you say if a rich relative bank in \$86,400 a day into your bank account on one condition that you must use it up all in a day or else he will take

it back. You cannot hoard it or keep it till the next day, but it must be consumed daily. This is exactly the number of seconds we have each day from the Lord. There is a certain discipline that is required of every believer. Temperance is a facet of the fruit of the spirit (Gal 5:22, 23) and we need to learn self-control as well. Good planning and organisation of the day is requisite for a meaningful and fruitful Christian life.



It's About Time

If you aim at nothing you are bound to hit it. There is a need for proper directions in the ministry as well. The need to apportion time for God is a vital part of abundant living. Do not put off what you can do today. Procrastination is the thief of time, and we have been robbed often. The days that we have at hand are numbered and we need to treasure and redeem time. There is a time for everything (Ecc 3:1-9). Consider the following:

- Time for reading/study of the Word/to be with the Lord
- Time for prayer and worship/fellowship
- Time for family and friends
- Time for rest and restoration
- Time for work and labour
- Time for leisure or exercise or sports
- Time for service and stewardship in the church
- Time for reflection and evaluation and personal enrichment

"So teach us to number our days, that we may apply our hearts unto wisdom." Psalms 90:12



The parable of the talents (Matt 25) and the pounds (Luke 16) give us good examples of how important proper stewardship is to God. God rewards faithfulness and spiritual productivity and deplores laziness. There is such a thing as priority and good quality time and time that is not productive. Endeavour to give of your best hours to the Lord first in the morning in devotion first.

It is vital to have a balanced and well-ordered day. We need to have time for rest, for labour, for family, for exercise, and most important of all, for God. A sister shared at the funeral of her mother that she wished she had spent more time with her loved ones rather than just on work alone. Moses had aptly said in Ps 90:12, *"teach us to number our days and apply our hearts unto wisdom."* This is so true (something to think about).

Today, men strive to 'gain control of our time'. Gadget gurus like AI can provide time management tools to help us track everything from appointments and meetings to addresses, databases, stock quotes and email. But even state-of-the-art technology cannot give us control of time as we ought to if we have no self-discipline. Discipline and spiritual direction are much needful (Gal 5:23).

Life and Death

At a recent funeral I officiated, we reflected upon the faith of the deceased and how she trusted in the words in *'Amazing Grace'*, which says that *"when we've been there (in Heaven) 10,000 years, we've no less days to sing God's praise than when we first begun ..."* It really takes the edge off when we view life in eternal terms. The urgency remains, although for different reasons. The author feels an urgency to tell others what Christ said in 1 John 11:26, *"And whosoever liveth and believeth in me shall never die. Believest thou this?"* I believe, and I want to tell others while there is

still time (Ps 90:12) before it is too late. Remember also one of the devil's greatest wiles is **"to wait awhile"**.

Life on this earth is brief and how we choose to live it, is up to us. We find an example of this truth in the death of someone recently. For believers, death is a vivid reminder of Jas 4:14 which describes life as a "*vapour that appears for a little while and then vanishes away.*" It is a departure to a better place, with God forever.

- For in the midst of grieving the loss of someone, we are deeply affected, and we ask, "*The same tragedy will certainly befall us — and then what?*"
- What would be our eternal destiny?
- Did we live our lives to our fullest for Christ as Christians?
- A more critical question presented itself: Did we live the abundant and victorious life available to us through Jesus Christ?

The deaths of loved ones cause several to ask important questions:

- What have I done with my life after I came to know the Lord?
- Am I walking in loving obedience to God? What will the Lord say when I meet Him face to face?
- Do I please Him with a life of fruitful service, or am I wasting the time He has graciously granted me, worrying about the day-to-day concerns of life?

Time Wasters

The first step is a critical appraisal of how one spends one's time and our entire life too (Psa 90:12) and to question some of our habits. In one's time log, identify periods of time which might have been better used.

There are various sources of time wasting. The most common are social: mobile phone games, online shopping, Netflix, Spotify, unedifying music, website browsing like YouTube and social media, excessive sleep, TV, video games, chatrooms, dreaming or just aimless loafing. Look to the ant as our example, a tiny creature but an industrious and judicious one as well (Prov 6:6-11). The pig on the other hand is the negative example. It must be a conscious and deliberate effort to stop these aimless activities and choose rather to do things that have a more definite purpose and of lasting value.

Another common source of time waste stems from delaying work which is unpleasant by finding distractions which are less important or unproductive. Check your day or weekly log to see if there are any tasks that are being delayed simply because they are dull or difficult.

Procrastination is a major stumbling block to good usage of time. Beware of delays that rob us of precious time and prevent us from getting the work done on time.

There are two major causes of procrastination. **The first major category is Avoidance.** We procrastinate to avoid overwhelming tasks, difficult tasks, and unpleasant tasks and to avoid change. **The second category is Fear and Anxiety.** We procrastinate because of our fear of failure, fear of success, fear of criticism, fear of making mistakes and fear of rejection.

Some of my Bible college students are infamous for delaying and hence submitting their assignments or thesis late (or never at all). Some never graduated because of this. Be disciplined and keep consistent work done throughout the semester.

If we keep in mind that procrastination is only a habit, and habits can be changed, we can find some hope for changing how we respond to different situations by God's grace and enablement (Phil 4:19) and change our habits for the better.

Exercise

Here is a summary exercise with the following questions for that you may find useful for self-reflection and evaluation.

- ☐ Do I neglect God and His Word and His Will and the advice of godly man?
- ☐ Do I allow my decisions to be influenced by pressure from peers?
- ☐ Do I exercise discernment, or do I sense the direction of God in the prevailing winds and go in that direction?
- ☐ Have I concentrated on discovering, developing and deploying the gifts that God has given to me to others?
- ☐ Do I tend to shirk responsibility whenever possible?
- ☐ Do I run or compromise when the going gets tough?
- ☐ Am I complacent? Discouraged? Weary from well-doing?
- ☐ Do I have a desire for self-glory or for the Lord?
- ☐ Do I love my family and God's people? If not, what am I doing to cultivate that love for them?
- ☐ Do I know the problems and the needs among the Christians? Am I even concerned for them? Am I doing anything to help?
- ☐ Is my time properly organised? By priorities? By whom?
- ☐ Is my life a vital example to my family, friends and colleagues?
- ☐ Am I using/misusing/not using the gifts that Christ gave to me?
- ☐ Do I set goals and plan my work to meet them?
- ☐ Am I trapped by culture, custom and worldly norms?
- ☐ Am I personally growing in my relationship to God?
- ☐ Do I faithfully work at ordering my life and do I give to God faithfully?
- ☐ Do I believe in doing my work for the glory of God?
- ☐ How do I need to improve my knowledge of God and my skills?
- ☐ Am I lacking in prayer and zeal for souls in the gospel outreach?
- ☐ How much time per day do I spend in reading the word and prayer?
- ☐ What do I do when I run into problems with other Christians?
- ☐ How do I encourage and pray for spiritual growth in others?


Maybe it is time for a reality check and an audit of our lives and be accountable to God and men. Let us order it aright for God, walking wisely, redeeming the time for the days are evil. (Eph 5:15-17)

Final Thoughts

For the Christian, Good Time Management is more than a systematic application of common-sense strategies. It requires spiritual discipline, God honouring directions and human responsibility. It helps us to understand the importance of the use of time in the right perspective, and it leads to effective employment of time by focusing on the right things to do. **It reveals our priorities and other practical concerns in the life of believers for eternity's sake. It enables us to be responsible and take control of precious limited time that God has given to us. Use it wisely for the Lord for we are accountable one day. Remember we cannot kill time without injuring eternity.**

(to be continued...)

Jack Sin




TEACHING GENESIS 1 - 11


History and Science

22 (Fri) and 23 (Sat) August 2025
Keynote Sessions on 22 August 7:30pm - 9:30pm


The Salvation Army
Worship Centre @Hillview
500 Upper Bukit Timah Road
Singapore 678106




SPEAKERS for KEYNOTE SESSION
22 Aug 7:30pm




DR DON BATTEN
Creation Ministries International



REV DR JACK SIN
Sovereign Hope
Bible Presbyterian Church




DR ANDY MCINTOSH
Emeritus Professor
University of Leeds



DR MONA BIAS
East Asia School of Theology

Other sessions with speakers from Australia, Hong Kong, Indonesia, Japan, Mongolia, Singapore, South Korea, Taiwan, United Kingdom and United States.

Organiser



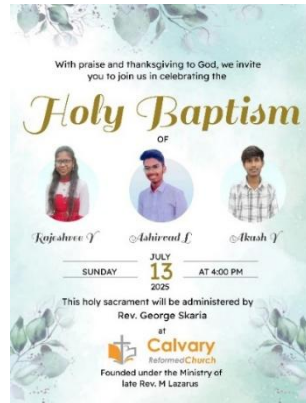
Baptism Testimony of Ashirvad Calvary Reformed Church, Bangalore

My name is Ashirvad. I was born into a Christian family, and my parents have always been involved in the ministry. My father, being a pastor (late Ps Lazarus), taught me the Word of God from a very young age. Growing up in this environment, I often watched him serve the Lord with so much dedication, and it planted in me a desire to serve the Lord as well.

As I grew older, I realized that following Jesus is not just about knowing about Him but also having a personal relationship with Him. I accepted Christ as my Lord and Savior when I was in my pre-university. At that time, I came to understand that I am a sinner and in need of a Savior. I realized that no amount of good works or service could save me, but only by putting my faith in Jesus Christ and His work on the cross. I trust Him alone for my salvation and desire to live for Him and grow in my walk with Him.

Through the guidance and teaching of Pastor Rev. George during the baptism class, I began to understand more deeply about God, His doctrines, and what it truly means to walk in faith.

Today, I stand here because I want to dedicate my life to God and be used as a vessel for His works. I want to serve Him wholeheartedly and grow in His grace, allowing Him to use me for His glory.



***Sovereign Hope
Annual Family Day
Friday, 9 Aug 2025, 8.30am***



Where to Meet?

Meeting Point A:
Labrador MRT Station
(Circle Line) Exit A

Meeting Point B:
Labrador Nature Reserve

What Will We Do?

- Prayer & Devotion
- Fellowship Games
- Nature Walks
- Lunch in the Vicinity

What to Wear?

- Sportswear & walking shoes
- Cap/Hat/Umbrella

What to Bring?

- Beverage
- Snacks
- Sunscreen
- Insect repellent

WhatsApp Dn Paul Tan (hp: 97314733) to register.



Memory Verse

1Thes 3:13 To the end he may stablish your hearts unblameable in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints.

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 "**True Partnership in the Gospel (1Thes 3:1-13)**", continuing the new quarterly series on "**Sacred Meditations on Christ and the Coming of the Anti-Christ (1 & 2 Thess)**".
3. Next Sunday, Rev Matthew Yong will bring us on God's Word on "**Sanctification Explained & Practiced (1Thes 4:1-12)**".
4. Sunday School classes after the worship service are:
 - Walking Through the Old Testament (Pastor)
 - Studies in Job (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 New Testament Foundations and the Psalms. **[Zoom ID:883 9662 4157 Passcode: 218178]**.
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. **SHBPC Annual Congregation Meeting cum Election** will be held on **Sun 31 Aug 2025** after the worship service. Nomination for office-bearers are open from today to 17 Aug. Forms are available from Dn Yue Kay. All members are to pray and attend.
8. **SHBPC Family Day Outing** will be held on the **morning of Sat 9 Aug 2025** at **Labrador Nature Park**. Mark that date in your calendar and join us! Details are on Page 7. **Register at the church entrance or WhatsApp Dn Paul (hp:9731 4733)**.
9. The **All Asian Creation Conference "Teaching Genesis 1-11 History & Science" 22 & 23 Aug** at the Salvation Army Hall (Upper Bukit Timah). Keynote speakers: **Dr Don Batten** (CMI), **Rev Dr Jack Sin** (Sovereign Hope BPC), **Dr Andy McIntosh** (University of Leeds), **Dr Mona Bias** (East Asia School of Theology). Other session speakers from Australia, Hong Kong, Indonesia, Japan, Mongolia, South Korea, Taiwan, United Kingdom and USA. Register directly via the ACCC website.
10. Pray for:
 - **Batam Mission Trip [2-3 Aug]**: Pastor, Dr Sam & Calvin Murty
 - **Lily Almon**: Singapore Citizenship Application
 - **Travel: John A** [10-29/7, Philippines], **Ps Babu** [22-25/8, Singapore]
 - **Medical: Pit Yuen** [Treatment], **Mrs Philip Heng** [stroke recovery]
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.