

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

COPING WITH ANXIETY & WORRY IN A TROUBLED AND DISTRESSFUL WORLD

We live in a fallen and troubled world of manifold uncertainty, stress and distress, and almost invariably in this current context of the COVID19 pandemic that has affected more than 2 million people worldwide in over 200 countries, with more than 130,000 deaths and is still growing at this point of writing.

All of us feel a sense of insecurity or fear at one time or other for the lack of control over these things and our future. It can result in anxiety disorders for some and panic attacks for some that may require professional help or medical attention. A study shows that some of the stressors people are facing today include paying bills, health, job interviews, taking exams, tests, death of loved ones, losing our jobs, enough food, our car or bank conditions, our children's school assignments, housing loan payments, job security, National Service and even serious sicknesses like catching a virus and travel safety. Some have said, "What if I catch the virus? What will happen to me and my family?" These are genuine concerns and we need to address these concerns biblically and practically.

Assurance and Security in the Omnipotent Jehovah

The Bible gives us practical insights into handling anxiety and excessive concerns. **Worry is proportional to our sense of security. When life is going as planned, we feel safe in our life routines, but there are surprises in life like the worldwide COVID19 pandemic. Hence, worry increases when we feel threatened, insecure or are overly focused on the wrong things. We need to rest our minds on the right Person of the Lord as the prophet says in Isa 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 when we decide to concentrate and focus our minds on Christ and His promises, and not doubt. 1Pet 5:7 says we are to cast all our cares upon Jesus because He cares for us.

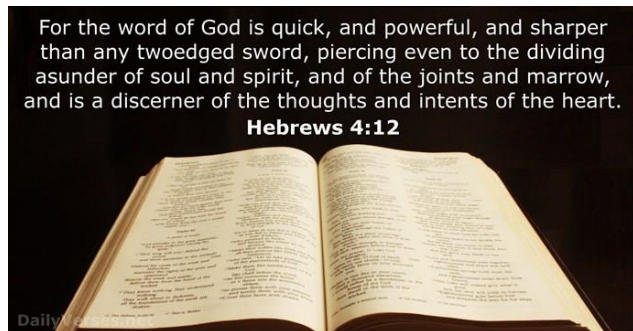
The proper practice of believers is to take our worries to Jesus in prayer and leave them with Him. **This reinforces our dependence on God, and faith in Jesus alone and not on ourselves.** Remember, "for without Him, we can do nothing." (Jn 15:5).



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.”* Isa 50:10 says *“Who is among you that feareth the LORD, that obeyeth the voice of his servant, that walketh in darkness, and hath no light? let him trust in the name of the LORD, and stay upon his God.”* These are worthy advice to note for weary and disturbed saints troubled by the present pandemic for divine intervention.

A Disciplined Mind Filled with the Word of God

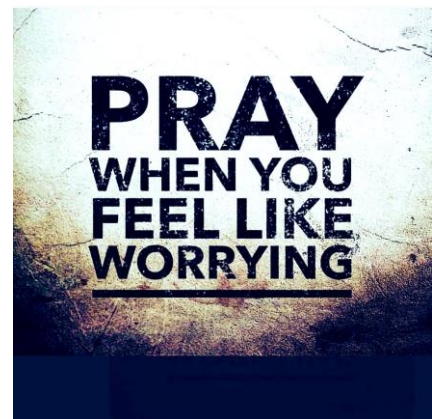
The inspired Word of God has answers to deal with man’s anxious moments and God provides a way out. Our Lord Jesus says in John 14:1, *“Let not your heart be troubled: ye believe in God, believe also in me.”* The Lord Jesus wants us to look up to Him, confess our sins, believe and trust in Him as our Saviour for He alone is truly God. We cannot trust in ourselves or men who are weak and feeble against the manifold trials of life.



The psalmist says in Psa 56:3, 4 *“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.”* The **psalmist reminds us to learn to trust and not fear; to cast our burdens upon the Lord and not carry them on our own.**

The Avenue of Fervent Prayer to Overcome Worries

While we may not be completely free from the manifold worries in this life especially in the midst of this fearsome pandemic, the Bible shows us how to manage worry and anxiety in our lives. Paul in 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.”*



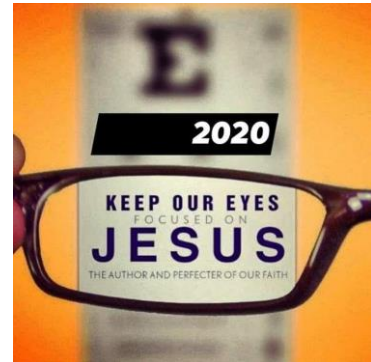
Therefore, do not worry; with prayer and supplication daily make your requests known to God and then the peace of God will guard your hearts and minds in Christ Jesus. Let us learn to prayerfully entrust our cares and fears upon Christ for He is our God and He truly cares for us. We have a great privilege as believers to have access to the throne of God. We can commit to God our life's trials, burdens and worries.

These prayers are to be more than requests for favorable answers. They are to include worship, confession of sins, sincere petitions, concerns, thanksgiving and praise to God along with the needs. Tell God about your fears and worries. Note this encouraging psalm in Psa 55:22 that says, *‘Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.’* Praying in this way reminds us 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.

The Right Focus and Proper Priorities

Our Lord in Matt 6:21-33 gives us the right priorities in life which is Christ and not on self, wealth or even health. Worries increase when we become focused on the wrong things rather than on Christ. Jesus has said that 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). **Peter was doing well when he focused on Lord but when he saw the waves, he panicked and fell into the water.** Therefore, we need to focus on the Lord himself and His Holy Word; to set our priorities on God and not on computer games, movies, selfish pursuits, a virus outbreak, jobs, studies, money, etc. (Matt 6:24).



In today's partial lockdown context, Man worries about such things as their jobs, family, children's studies, parents' health, wealth, having food and clothes. All these are given and supplied by our God when we trust in Him. God provides eternal life and hope first, without which the concerns of life are meaningless. The psalmist in Psa 18:2 says, "*The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.*" We have a reliable fortress in our Almighty Jehovah who protects us against the wiles of the evil one and we can have the peace of heart and mind if we know Him as our God.

It is instructive to note that for a Christian or anyone for that matter, **Excessive and inordinate worry is unhelpful and can cause serious psychological and physical ailments like ulcers, insomnia, phobia, and other mental or psychological problems with destructive health effects affecting the quality of life. It is not the will of God for us to be afflicted in a manner caused by excessive anxiety or phobias or worry** (Psa 55:22). We have to 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 as Jesus has said in Matt 6:27,34.

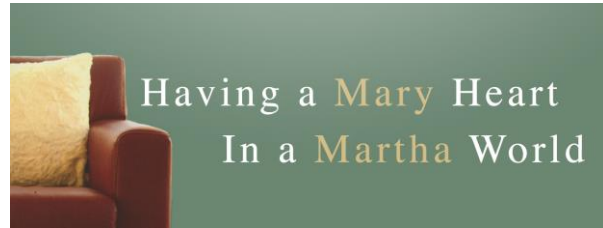
Paul in 2 Cor 10:5 says, "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ." **The important thing is to be transformed in the renewing of our minds (Rom 12:2), in good and sharp focus on God, with mental discipline and right priorities 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 said. Martha complained to Jesus that Mary should be busy helping but Jesus replied that she was worried and anxious about many things, but only one thing is needed, and Mary had chosen what was better which was not taken away from her (Luke 10:41-42).

What freed Mary from the cares and worries experienced by her sister can be ours today in the midst of a troubled world with a deadly fast spreading virus that still surrounds us. We have to trust God even in very trying times, to learn to cast our cares on the Lord, to let Him be in charge and 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; she learned from Jesus**

first and then later fulfilled her duties. Mary had her priorities straight and right.

What an awakening for us as we go through this calamity together! Am I a Mary or a Martha? Something to think about! Let us evaluate and apply it seriously in our lives! In our exacting lifestyle of much hectic action, we sadly miss the blessing of sacred quietness or stillness before God. (Psa 46:10; 1Pet 5:7)



We need to be disciplined in our mental and intellectual life and stop the unnecessary worrying habit and let God take over these burdens from us. We are not created to carry these unnecessary burdens. The Bible teaches us that we should seek God first, deal with each day's problems in the strength of the Lord daily and not be obsessed with tomorrow concerns that may not happen (Matt 6:33,34). 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 undue fear but let God be your Sure Refuge and Strength. The psalmist exhorts us to do the following three things in Psa 37:3-5:

- **Trust in the LORD**, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.
- **Delight thyself also in the LORD**; and he shall give thee the desires of thine heart.
- **Commit thy way unto the LORD**; trust also in him; and he shall bring *it* to pass.

Remember to Trust, Delight and Commit to the Lord, and God will do the rest. Will you do that today?

Conclusion

These are needful steps to address this pressing concern of anxiety today caused by the COVID19 pandemic among others. **Let us seek God first as our Saviour and Lord, and to confess and repent of our sins. Let us read and trust His Word daily with all our hearts and minds.** The Lord will free us from the unnecessary anxieties and worries; He will take care of the rest of our concerns. As the hymn writer aptly 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 believers who are struggling with fears, insomnia, heart palpitations due to the anxiety of the current health crisis, here is a useful tip from the psalmist in Psa 4:8 which says, "I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety." Let us daily consciously strive to pray fervently to the Lord, **cast our burdens and cares upon Him and trust fully and rest well in God and His Word.** (Psa 37:3-7) This is our privilege as royal sons and daughters of the Almighty King of kings. Let us ponder and intercede both individually and as a family, **to consciously focus on the Lord Jesus and His promises first, and be free from undue anxiety in the midst of this fearful fast spreading COVID19 pandemic.**

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>)

Resurrection Sunday Service
(Live Streaming from SHBPC)
Rev Dr Jack Sin

Sunday 12/4/2020

Sermon summary by Sister Kin Kheng

Why we Fear Death No More
(1 Cor. 15:1-21, 51-58)

Good Friday marked the death of our Saviour Jesus Christ at Calvary. What happened to Him after His death?

The concept of Resurrection (life after death) was also mentioned in the Old Testament (OT) as in: Job 19:25-26 and Isaiah 26:19

There are 5 popular views regarding after death.

- 1) Re-incarnation (in the Eastern World)
- 2) Annihilation (Becoming Nothing. Vanish)
- 3) Soul sleeps in the ground (occultic group)
- 4) A half-way house (purgatory)
- 5) Resurrection of Jesus Christ is related to the Gospel of Salvation. (Paul devoted 58 verses in 1 Cor. 15 to defend, define and declare the teachings and doctrine of the Resurrection of Jesus Christ.)

What are the Doctrinal teachings of the Resurrection of our Risen Saviour Jesus Christ?

- A) It gives us Victory over the bondage of Sin (v 1-4)
There were 2 special requests made by Joseph (Mark 15:43-45)

and Nicodemus (John 19:39) for the body of Jesus Christ. HE was buried. It symbolised the humanity of Jesus Christ as fully Man, and not only fully God.

We are saved by the life, death and resurrection of Jesus Christ.

We have power/victory over sin, are delivered from the penalty of sin but still not delivered from the presence of sin.

- B) It gives us Victory over death and grave (v 12-22)
Death is our last enemy. Death is no respecter of Man.

- C) The death of Jesus Christ is the only basis given to us to continue living (v 51-57)

We can have a body that is new and be:

- i) recognisable
- ii) immortal (cannot die)
- iii) incorruptable (cannot be destroyed)

- D) The Resurrection of Jesus Christ is the only reason to give us Christians Hope and Encouragement to continue in evangelism (sharing of the Gospel) and service unto God. (v 58)

Conclusion:

When was the last time you share the gospel?

Let us focus on Jesus Christ, our Rock of Salvation.

Go forth and declare the Gospel.

We are a people of HOPE:

Hangin' On, Pray Expectantly.

***Families worshipping with us on Facebook Live Streaming
Worship Service both locally and overseas!***

*Singapore:
Joseph Wee &
family*



*Bangalore, India:
Pastor Babu & family*

*Laos:
Surish & family*



- APRIL 2020 -

- 5th Christian Scholar Conquering Compromise (Dan 1:1-21)
- 10th* **Good Friday Night Service (8pm):** 4 Persons and the Deadly Victory of the Cross (Matthew 27:20-54)
- 12th **Resurrection Sunday (10am):** Why We Fear Death No More (1 Corinthians 15:1-21, 51-58)
- 19th Lessons from a Royal Dream (Daniel 2:17-49)
- 26th Fighting Fire – God’s Way (Daniel 3:1-30)

- MAY 2020 -

- 3rd An Earthly King exalts the Heavenly King (Dan 4:19-37)
- 10th* Handwritings on the Wall Explained (Dan 5:11-31)
- 17th The Prayerful Prime Minister (Dan 6:1-28)
- 24th The interpretation of a revelation from God (Dan 7:1-28)
- 31st A Vision of the Past, Present and Future (Dan 8:1-27)

- JUNE 2020 -

- 7th The Supplication of a Godly Saint (Dan 9:1-24)
- 14th* Deep Eschatological Insights (Dan 10:1-21)
- 21st The End Times Revealed (Dan 12:1-13)
- 28th **Gospel Sunday:** The God I cannot ignore (Rom 1:1-16)

SOVEREIGNHOPE
bible - presbyterian ministry

APR - JUN 2020
WORSHIP PROGRAMME

- THEME -

EXPLORING AND
APPLYING
PROPHETIC LESSONS
IN OUR LIVES
(STUDIES IN THE
BOOK OF DANIEL)

- EVERY SUNDAY -

WORSHIP
SERVICES
AT 10AM

- CONTACT -

Pastor Jack Sin
+65 91160948

Memory Verse

Dan 2: 18 That they would desire mercies of the God of heaven concerning this secret; that Daniel and his fellows should not perish with the rest of the wise *men* of Babylon.

Announcements

1. We thank God for many who are participating in our Facebook Live streaming worship service which will continue till early May or as otherwise informed.
2. Rev Jack Sin speaks today on “Lessons from a Royal Dream” (Daniel 2: 17 - 49).
3. Rev Jack Sin speaks next Sunday on “Fighting Fire – God’s Way” (Daniel 3: 1 - 30)
4. Prayer meeting via Zoom continues on Wed at 8pm.
5. The Christian Perspective of the COVID 19 virus article is being translated into 7 languages (ie Chinese, Tamil, Vietnamese, Indonesian, Spanish, Kannada, Korean). Those who are interested may request from Pastor.
6. Those who would like to serve the Lord in any area in the church, please see the Pastor or the Deacons.
7. Those who have a testimony to share may submit to Pastor for the weekly.
8. Pastor is still available for counselling via WhatsApp, Email or Mobile.
9. Love gifts to the church by cheque can be made payable to: **Sovereign Hope Bible Presbyterian Church.**

For direct bank transfer to the church account, please contact the treasurer, Dn Lim Choo Siang.