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The Summon to Exercise unto Godliness

"But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."

(1 Tim 4:7,8)



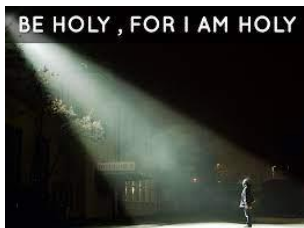
We noted that most people are generally more concerned about personal safety and hygiene as a result of the raging health crisis, making personal health and well-being a matter of great interest. The Apostle Paul speaks of spiritual wellbeing and godliness that is profitable for all things beyond this life. Let us discuss it together.

Biblical Separation and Cleanliness

The concept of biblical separation is fundamental to that of holiness. We live in an environment that is filled with virus, filth and impurity. Often in practical daily life, we will wash our hands before meals, brush our teeth at least once a day, change our clothes, take a bath, and wear shoes to prevent our feet from being in contact with the dirty ground. Now we wear a mask and keep a social distance for our own safety. These are all pragmatic steps at physical separation in keeping ourselves clean and undefiled, and now even more so with the contamination of the Covid 19 virus.

But there is also a spiritual aspect to cleanliness, holiness and purity, because of who our God is. The Lord told the Israelites in Lev 11:44-45, *"For I am the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth. For I am the LORD that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I am holy."* God reminded Moses and the people of Israel of separation and non-compromise in Deut 7:3-6 *"Neither shalt thou make marriages with them; thy daughter thou shalt not give unto his son, nor his daughter shalt thou take unto thy son. For they will turn away thy son from following me, that they may serve other gods: so will the anger of the LORD be kindled against you, and destroy thee suddenly. But thus shall ye deal with them; ye shall destroy their altars,*

and break down their images, and cut down their groves, and burn their graven images with fire. For thou art a holy people unto the LORD thy God: the LORD thy God hath chosen thee to be a special people unto himself, above all people that are upon the face of the earth."



Holiness is commanded (not an option) of every believer (1 Pet 1:16) as God Himself is a thrice-holy God (Isa 6). It is characterised firstly by the mortification of the old man, which is an act of God and the quickening of the new man. It affects our entire being; intellectually, spiritually and emotionally. The worship of the Almighty God is to be characterised by holiness too (1 Cor 16:29; Ps 99:3). Our speech, conduct and thought life is to be holy as well. The manner in which we nurture or develop holiness according to Paul is founded in the fear of God (2 Cor 7:1). A reverential awe and fearful regard for God produces in us a spiritual impetus for holy living and a contempt for sin. In fact, Solomon says in Prov 9:10 *"The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding."* The fear of God keeps us away from sin and evil and that is holiness in actual practice. The whole duty of man in fact, is to fear God and keep His commandments. Solomon in Eccl 12:13-14 says, *"Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil."*

The profound knowledge of the Most-High God is pivotal to a healthy regard and reverence for the Lord. The reason why we are to be holy is because of who God is. The Apostle Peter reiterated it in 1 Pet 1:16, *"Because it is written, be ye holy; for I am holy."* We are described as a royal priesthood and as a holy nation of people (1 Pet 2:9) and we are set apart for God and away from the world. We are to be consecrated for a sacred purpose; that means to be separated from sin and spiritual defilement. In this pandemic context, cleanliness and hygiene, wearing a mask and social distancing are important for our health and safety. Contamination with the world undermines our usefulness to God. By analogy, Paul speaks of vessels of honour that are sanctified and purged from sin for the master's use

Negatively, it is keeping ourselves away from temptation or worldly lust (2 Tim 2:22) and unedifying company or friends. Positively it is availing ourselves to the means of grace in worship, prayer, fellowship, word, sacraments and growing in the fear, grace and knowledge of the Lord. Growing in holiness is a vigorous and strenuous exercise as Timothy was exhorted in 1 Tim 4:7-8, *"But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."* Holiness has great benefit not only for this temporal life, but also for eternity as well.

While salvation is also of the sovereign grace of God, holiness is a cooperative effort and progressive sanctification requires a consistent and constant endeavour on the part of the believer to avoid sin and to draw near to God.

Spend time constantly to meditate on the word and be obedient to the prompting of the Holy Spirit, engage in daily prayer and regular corporate Sabbath worship in the sanctuary of the thrice-holy God. Make it a resolution to want to grow in holiness, Christian piety, and live a life that is pleasing and acceptable to God. We are to walk worthy of the vocation, wherewith we are called (Eph 4:1). There is power in the life of a sanctified believer. The Psalmist said in Psalm 1 of a man who does not walk in the ways of the wicked nor the scornful but delights in the way of the Lord. He is likened to a tree planted by the river that bears forth fruit in due season.

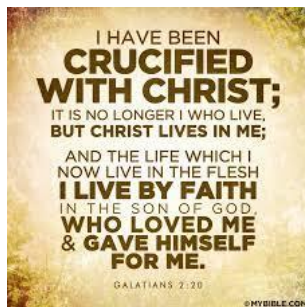
The Mortification of the Old Man

Mortification of the old man is a scriptural term that denotes the act of God, whereby the pollution and corruption of the human nature that results from it is gradually removed. (see John Owen, *Mortification of Sin*) It is often described as the crucifying of the old man in Rom 6:6 and Gal 5:24. This refers to the deadening of sins within us and a renewal of the new man in Christ.



While the former point of sanctification is negative in character, the quickening of the new man is positive. It is an act of God where the holy disposition of the soul is strengthened, holy exercises are increased and there is a new course of life engendered and promoted. It is often described as being raised together with Christ. It is this new life in Christ that is able to work in purity, righteousness, godliness and truth. Rom 6:12,17 say, *“Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. . . . But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine, which was delivered you.”*

Sanctification affects the whole man, body and soul — including his intellect and affections. It is a work that believers will have to be responsible for. We are to co-operate with God and yield to the prompting of the Holy Spirit and not to the temptation of the world and the flesh. It positively results in the developing of the fruit of the Spirit (Gal 5:22,23).



1. Sanctification takes place in a mysterious way under the operation of the Holy Spirit. It is a process and it is never complete in this life (no sinless perfection as taught by John Wesley).
2. It is imperfect in this life and will reach a high point at the death of the believer or at the soon coming of Christ.
3. Sanctification is the work of the Triune God. 1 Peter 1:2 says, *“Elect according to the foreknowledge of God the Father, through sanctification of the Spirit, unto obedience and sprinkling of the blood of Jesus Christ:*

Grace unto you, and peace, be multiplied.” Rom 8:11; 15: say, “But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. . . .

4. The Word of God is the principal instrument used and the Holy Spirit applies it to our heart (1 Pet 1:22; 2:2; 2 Pet 1:4). We are to be responsive and receptive to the Word.
5. The Sabbath worship, the public confession of our faith, fellowship with the saints and prayer, together with the sacraments (i.e. Lord’s Supper and Baptism) are the means of grace to encourage holiness and the drawing closer to the Lord in remembrance of Him.
6. Providential guidance of God through our daily walk with Him. God directs and leads us daily, and we are to be sensitive to His leading and guidance through the Holy Spirit.

Fighting Worldliness

The ungodly influence of a hostile worldly environment has a serious negative effect on our testimony, family and church today. Consider

I Jn 2:15-16, *“Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.”*

Let us fervently love God and not gold nor self nor worldly gain, nor the things of this temporal life.

Establishing Godly Standard in our Lives

1. Building Strong Biblical Conviction from the Beginning

Dan 1:8, *“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.”*



Will you listen to unedifying music or watch unsound movies or play occultic games, go gambling or worldly merry making with friends?

2. Cultivating Edifying Friendships with Believers

Prov 27:5-6, *“Open rebuke is better than secret love. Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.”*

1 Cor 15:33, *“Be not deceived: evil communications corrupt good manners.”*

1 Sam 18:1, *“And it came to pass, when he had made an end of speaking unto Saul, that the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul.”*

Are you considered a faithful and true friend to others, with a good influence?

3. Fleeing and Fighting Against the Attractions of the World

2 Tim 2:22, *“Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.”*

1 Tim 6:11-13, *“But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses. I give thee charge in the sight of God, who quickeneth all things, and before Christ Jesus, who before Pontius Pilate witnessed a good confession.”*

What is consuming your time and energy today? Do you have time for God and his word?

4. Nurturing a Reverential Fear for God

2 Cor 7:1, *“Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”*

Ps 111:10, *“The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever.”*

Will you make a conscious effort to come and worship God with fear and reverence in his house on the sabbath?

5. Being a Witness & Testimony to an Unsaved Friend

Luke 24:44, *“And he said unto them, These are the words which I spake unto you, while I was yet with you, that all things must be fulfilled, which were written in the law of Moses, and in the prophets, and in the psalms, concerning me.”*

Mark 5:19, *“Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.”*

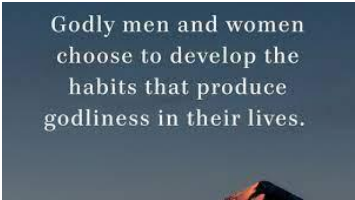
1 Cor 9:16, *“For though I preach the gospel, I have nothing to glory of: for necessity is laid upon me; yea, woe is unto me, if I preach not the gospel!”*

When was the last time you gave out a tract to someone or invited someone to church or prayed for a mission station?

6. Maintaining Godly Habits Regularly

Dan 6:10, *“Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.”*

Ps 5:3, *“My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.”*



Godly men and women
choose to develop the
habits that produce
godliness in their lives.

Mark 1:35, “And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.”

Do you have a regular Prayer and Quiet Time with the Lord daily, repenting of your sins?

7. Healthy Involvement in the Church as a Faithful Steward

1 Pet 4:10-11, “As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God. If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever. Amen.”



Rom 12:1-2, “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

What areas are you involved in serving God in the church today?

8. Good & Responsible Management of Time, Talents & Treasure?

Eph 5:15-16, “See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil.”

2 Cor 5:10, “For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.”

1 Cor 4:2, “Moreover it is required in stewards, that a man be found faithful.”

How much time is spent in prayer and reading the Word daily, in Christian fellowship and the work of service to God?

Sanctification and Holiness

James’ emphasis was on good works as an authentication of our saving faith in Christ. It is not contradictory to the doctrine of justification. Faith in Christ will invariably result in a desire to want to serve and glorify God and in the process, to be encouraged in edifying works to men as well. This is different from the Roman Catholics understanding of salvation by works. Is your life today characterised by good character, deeds, works and words? This is a vital part of the sanctification process of a redeemed child of God. Be engaged in edifying deeds and service to believers first and secondly, the good work of sharing the gospel with unbelievers to the saving of souls is a good spiritual exercise.

Twelve Searching Questions for Personal Reflection

1. Did I awake with thoughts of God, and did I keep my mind from wandering this morning?
2. Have I this day got nearer to God in times of prayer and the reading of His Word or have I given way to an indolent idle spirit?
3. Has my faith and witness been weakened by a spirit of slothfulness or fear, or quickened by diligence during this pandemic?
4. Have I this day walked by faith and remembered God and his will for me in all that I do?
5. Have I denied myself in all unkind words and thoughts; have I delighted in Christ above others or things?
6. Have I made the most of my precious time for eternity, as I have light, strength and opportunity?
7. Have I kept the sabbath day in worship of God in his sanctuary, so as to profit my soul?
8. What have I done this day for the comfort and nourishment of the souls of others in the Lord?
9. Have I sacrificed myself when I might have saved the time, talent and resources for the cause of the gospel of God?
10. Have I governed well my tongue this day, remembering that I may sin in anger or vain chatter or worthless banter (even in an electronic sense)?
11. In how many instances have I denied myself of the fallen world this day or am I enamoured with it?
12. Do my life and my conversation adorn the gospel of Jesus Christ to the edifying of others?

Conclusion

God honours those who are sanctified and who put Him first, and who are truly devoted and consecrated to Him. So let us make a conscious effort to be separated from the world, sin and other satanic influences. May the Lord preserve and protect us from all forms of physical and spiritual contamination, defective doctrines and unholy alliances, that we may be kept pure and undefiled for the Master's use.



A Vessel
Meet For The
Master's Use

Jack Sin

A Sobering Remembrance of Divine Protection on Sep 11, 2001

Dan 4:35 And all the inhabitants of the earth are reputed as nothing: and he doeth according to his will in the army of heaven, and among the inhabitants of the earth: and none can stay his hand, or say unto him, What doest thou?

This date, 11 Sep 2021 is the 20th anniversary of a historic event that shook and changed the world that we live in today. It was the fateful day where the famous twin towers of New York were bombarded by 2 hijacked planes piloted by terrorists and collapsed with about 5,000 perished in that dreadful incident alone. (There was also another plane that hit the Pentagon in Washington DC that caused much damage too.) It was to be the beginning of a perpetual war on global terror which woke up the US and other nations into a changed world that resulted in strict security at all airports and

international travel from that day onwards.

It showcased the absolute sovereign Hand of God that continues to rule and overrule all.



With Dr Dell Johnson, Dean of Pensacola Theological



11 Sep 2001 is a memorable date to us as it was the exact day that we left Pensacola Theological Seminary in Florida after finishing much of my course work and the first draft of my doctoral dissertation. We were there for my sabbatical and Jack was working on his D Min doctoral studies and Angie her MA in Bible Exposition. We were scheduled to leave Pensacola to start our homeward journey to Singapore on Sep 11.

Due to the unprecedented crisis, we were stranded in New Orleans, Louisiana as all flights were cancelled after driving 4hrs where we were supposed to catch our flight. It was a time of reflection and prayer as we wait patiently upon the Lord for His perfect timing to leave the country.



It turned out to be a sobering and edifying experience as God sent a Rev Hamilton from Christ Presbyterian church who took care of us. I was invited to preach at his church prayer meeting. He brought us to the Loyola University and we met up with other Christians for fellowship in the midst of uncertainty and fear.



We were reminded of what 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.”*

We were stranded there for 4 days before we could fly out of New Orleans to Los Angeles. We had to be at the airport 4 hours ahead of departure time where there were stringent security checks with our luggage opened up and every item unpacked and scrutinized. We were physically searched but we finally got on board the plane and arrived safely at LA by the sovereign grace of God.

In LA, we had a few days of blessed fellowship with the Vandermeys at Bethany Bible-Presbyterian Church, Glendale. We were finally able to resume our homeward journey from LA to touch down in Singapore a few days later when international flights resumed operations.

Thank God for His providential care and protection even in the midst of danger as we trust in Christ as our Refuge and Strength even in every calamity or crisis of life

To God be the Glory!

Jack and Angie Sin



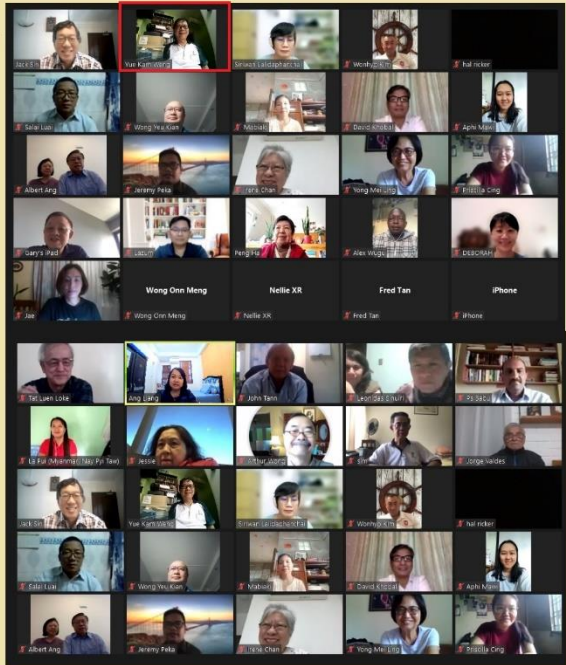
Topic: Growing Old fruitfully & purposefully
Time: Aug 28, 2021 10:30 AM Singapore



Aging with Meaningful Purpose

- Paul in 2Tim 3:10 says
 But thou hast fully known my doctrine, manner of life, purpose, faith, long suffering, charity, patience...
- Passing to the next generation as mentors
- Purpose - direction in life
- Master of life - testimony
- Doctrines - beliefs
- Faith - convictions

Thank God for an eventful Webinar on *Aging Fruitfully & Purposefully* with about 40 participants from 10 countries and a lively discussion.



Thank God for a meaningful Annual Congregation Meeting cum Elections on 29 Aug 2021. Do uphold the newly elected Church Session in prayer as they serve the Lord.



FINISHING WELL THE RACE OF LIFE

Lord's Day Program from Jul - Sep 2021

JULY

- 4 The Power of a Sound Mind (2 Tim 1:1-7)
- 11* Hold Fast to Sound Words (2 Tim 1:8-18)
- 18 The Imageries of a Christian (2 Tim 2:1-14)
- 25 Study to be a Biblical Practitioner (2 Tim 2:15-19)



AUGUST



- 1 A Sanctified Vessel for God (2 Tim 2:20-26)
- 8* The Characteristics of the End Times (2 Tim 3:1-9)
- 15 Fruitfulness through the Word (2 Tim 3:10-17)
- 22 The Sacred Duty to Share the Gospel (2 Tim 4:1-5)
- 29 Perseverance in the Ministry (2 Tim 4:6-10)

SEPTEMBER

- 5 Faithful Coworkers Labouring Together (2 Tim 4:11-22)
- 12* Love and Truth in Action (2 John)
- 19 The Case Study of 3 Persons (3 John)
- 26 Consider God in Troubled Times (1 Kings 4:1-11)



Memory Verse

2 *Tim 4:18* And the Lord shall deliver me from every evil work,
and will preserve me unto his heavenly kingdom:
to whom be glory for ever and ever. Amen.

Announcements

1. Welcome to our Worship Service! For our visitors, do leave us your contact numbers in our guest book before you leave.
2. Pastor speaks today on "**Faithful Co-workers Labouring Together (2 Tim 4:11-22)**", the quarterly theme on "Finishing Well the Race of Life - The Epistle of 2 Timothy".
3. Pastor speaks next Sunday on "**Love & Truth in Action (2 John)**".
4. The Church Session for 2021- 2023 will be installed and dedicated at the worship service this morning.
5. Sunday School classes continues next Sunday after worship service:
 - WCF Shorter Catechism Class – Pastor Jack
 - New Testament Survey – Choo Siang/Joseph
 - Studies in Numbers – Dn Kwong Leen
6. Chinese Fellowship meets on Sunday night at 7pm via Zoom with both local and overseas brethren.
7. Do send your prayer items to Pastor and join us for Church Prayer Meeting on Wed at 8pm via Zoom. The Sep prayer list is available in church.
8. Neighbourhood Bible Class meets monthly on the first Friday of each month in church on the study of 2 Samuel.
9. The Pandemic book can be purchased through Dn Yue Kay (Hp: +65 97450311) or via email at sovereignhopebpc@gmail.com.
10. Do kindly observe the safety measures of the church and assist with the weekly cleaning of the premises.
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**
