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Steps in the Sanctification of a Soul

The redeemed life is justified by faith and will be sanctified by the Lord over a period of trials and testing over time. The old man of depravity gives way to the new man by the Spirit which is transformed by the renewal of the mind through the work of God (Rom 12:1, 2).

We are told by Paul to put off the old man, put on the new man (Eph 4:22-24) and here are some practical examples as given by the famous Mathew Henry (1662-1714), the English puritan who wrote a large volume on the detailed reformed commentary of the whole Bible that ministered to so many. In his exposition of the Word of God on the practical aspects of it, he cited several things that as a Christian, we should put off and put on.



Here it is expanded and highlighted below for us:

1. Put off Avarice & Put on Contentment

It has been correctly said that greed or avarice is one of the causes of the Asian Financial Crisis of 2008. We need to watch against greed and avarice (1Tim 6:6-10) which Paul says is the root of all evil. Do not be blinded by the inordinate affection for money and physical assets or wealth which is a weapon of mass distraction by the evil one to draw away our focus on Christ, His Word and His Work. (i.e. be it bitcoin, gold, stocks and bonds, or property or cash.) **Remember Achan who due to his covetous spirit led to the death of his whole family (Jos 7:21,27) and Gehazi had leprosy due to his greedy spirit for bribes (2Kings 5).**

2. Put off Contentment & Put on Peaceableness

Sadly, some are misled into being obsessed with personal strife and dissension which we fail to see leading us to greater hatred, anger, resentment and malice against one another. Peter in 1Pet 3:8 says, *"Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous."*

The evil one would like us to o focus on strife and concentrate on destroying the unity of the church rather than preserving it which Christ has bought with His precious blood. *‘Blessed are the peacemakers: for they shall be called the children of God’* (Matthew 5:9). Paul warns us in Gal 5:15, *“But if ye bite and devour one another, take heed that ye be not consumed one of another.”* How blessed it is to see the unity of the brethren in the Lord (Psa 133). Paul in Eph 4:3 says, *“Endeavouring to keep the unity of the Spirit in the bond of peace.”* Beware of pride and selfish ambition that can undermine the work of Christ.



3. Put off Murmuring & Put on Thanksgiving

Just like the Israelites in Num 11, we are prone to compare and complain and often we murmur against the Lord and our loved ones without any appreciation of them. In Singapore, we often complain about the food that we are eating and another murmuring about the MRT transport system or the GST instead of being thankful to God and mindful of one another. **Beware that we be not caught up in a spirit of ungratefulness and fail to show our appreciation to God and men in secular work or in the service of the Lord.** Be a grateful Christian and cultivate the attitude of gratitude for this is His will for us. Say thank you rather than undermining others and be niggard with criticism and generous with praise in the Lord.



4. Put off Melancholy & Put on Cheerfulness

Laughter is a good medicine as Solomon, the wise king says. (Prov 17:22) How true that often as Christians, we live with sadness on our countenance as if we are defeated by the world. Paul says in Rom 8:37 that we are more than conquerors in Christ. Let there be Christian joy and a sense of holy joy or jubilation as we live each day and interact with others for the joy of the Lord is our strength (Neh 8:10). May we uplift another soul who is depressed to seek the mercy of the Lord.

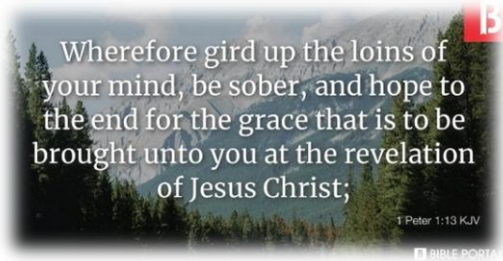


5. Put off Vanity &

Put on Sobriety

We are often caught up with vanities of this life, either chasing a worldly ambition, or fashion or excessive work, pursuit of pleasures or fame or wealth and one day we will learn that all these are but just emptiness in life as the preacher

says in Eccl 1:4. We came empty handed and will leave in the same manner **Let us learn to set our affection on things above that are everlasting and not on temporal things here which will vanish away one day. Let us be sober and follow and seek the Lord first.**



6. Put off Drunkenness & Put on Temperance

One of the favourite pastimes for young executives after work is to go the pubs and night spots to go dancing, vaping, smoking and have alcoholic drinks until the wee hours of the morning. There are some Christians who likes to make a case for drinking liquor as long as you do not get drunk but read Prov 20:1 which says, *“Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.”* Beware that we do not be ensnared into this addiction.

We need to be disciplined and not inebriated with strong drinks which Lemuel’s mother says is not fit for kings who need to make sound judgments in Prov 31:4-6. Note that Gal 5:22, 23 speaks of temperance as the fruit of the Spirit.

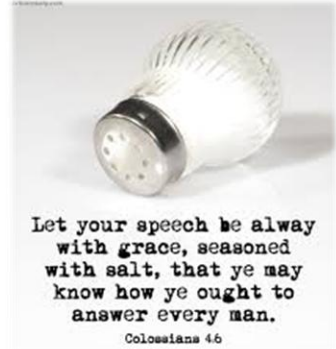
7. Put off Hatred & Put on the Love of Christ

The evil one often creates problems among people by first creating a deep sense of resentment, anger or hatred towards another for whatever reason. Let genuine affection and love for one another flood our hearts and let not the evil one plant evil thoughts and desires in us against one another in the Lord. Eph 4:32 says, *“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.”* Show forth the practical love that the Lord has given to us to others that they may see Christ in you and seek the Lord. Remember someone once said, ***“To forgive someone is to release a prisoner free and discover him/her to be yourself.”*** Chew on this and act on it too.



8. Put off Coarse Conversation & Put on Edifying Speech

We communicate with one another in different forms, from email, WhatsApp, a phone call or handshake or through social media or directly with an oral word of greeting or concern. Words can kill and words can heal. Be careful what you say and be not involved in indecent talk, spreading tales, gossip, rumours and falsehood. Let our words be edifying and our speech seasoned with salt and wisdom as Paul teaches in Col 4:6 and also in Eph 4:29 which says, *“Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.”* Let our words be meaningful and edifying and not one that will discourage and undermine others in the Lord but be a blessing to all in our speech and conduct.



9. Put off Evil Company & Put on Godly Friendship

There is a Chinese proverb that says if you mix with the murky, you will be blackened and you mix with the white you will be clean. We can see it in our children or even ourselves. We make friends and they turn around and they make us the way they are. We need to be careful with whom we mix with as birds of a feather flock together. Be with those who love and fear God and who cherish His Word and prayers and that you will do the same too. **You make friends and they influence and remake you one day. Choose your close companions carefully as they will impact your life**



10. Put off Self-Centred Presumption & Put on Spiritual Watchfulness

The world emphasise on self but we put our trust in God. We often rely on ourselves, our families, friends or even the government, but Psa 20:7 says, *“Some trust in chariots, and some in horses: but we will remember the name of the LORD our God.”* We need to trust fully in the Lord and lean not on our own understanding (Prov 3:6-7). **We need to be vigilant against the wiles of the evil one in these last days of deception and declension, we are to be like a good soldier of Christ and an alert watchman of night for there is danger around.** 1Pet 5:8 says, *“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”*

11. Put off Indolence & Put on Industry

We are all tempted to be lazy and indolent. Thomas Watson says idleness tempt Satan to tempt. **Slothfulness is a curse in life and let us cast off sloth but instead be diligent and hardworking in the work of God as there is reward for our labour. Our model is the hard-working ant in Prov 6:6-7 and not the indolent pig.** Let us not cease or be weary in the sharing of the gospel, works of comfort and encouragement to others in well doing for the glory of Lord. Be diligent for the cause of the gospel and not lazy. Paul exhorts us in 1Cor 15:58, *“Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.”*

12. Put off Worldly Folly & Put on Spiritual Prudence

Our church camp theme for this year is *“Wise or Foolish Living in a Smartphone Era”*. There is much foolishness in this world as we chase after a temporal dream which can turn into a nightmare overnight. Let us seek wisdom from God and let us live our lives prudently in the fear of God for without it, there is no true wisdom. **Do not be deceived by the decadent fallen world but be seeking God in His Word and in His will in prayer. Come and learn together at the June camp and be blessed by the Word of God.**



THEME:
WISE OR FOOLISH LIVING IN A SMARTPHONE ERA



DATES:
10-13 June 2025
VENUE:
Forest City Marina Hotel, Johor, Malaysia.
SPEAKER :
Rev Tan Eng Boo

13. Put off Phobia and Doubt & Put on Trust and Hope in God

We live in a world of manifold fears and trepidations and the evil use this against us but 2Tim 1:7 says, *“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”* For those who are in Christ, we are more than conquerors and let us not be fearful but courageous and bold for Christ in sharing the gospel in the saving souls and the exhortation of the saints. Psa 56:3, 4 says, *“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.”* We are a people of a glorious hope, we trust in the risen Saviour, our Lord Jesus Christ and He is coming again one day to rule and judge the world as the King of kings and Lord of lords. **With Christ, it is an endless hope; without Him, a hopeless end. Fear God and you have nothing to fear for it is the beginning of wisdom. (Prov 9:10) Fear of men or faith in God? It is your call today.**

Conclusion

There is much practical wisdom from the past godly saints. Above all, let us learn from the God-fearing English puritans how to put off the old man of sinfulness and depravity and put on the fullness of Christ in our lives in progressive sanctification in the Spirit. Let us show forth the beauty of Christ in our actions, words and conduct. Ask God to transform our hearts and minds unto Christ and walk worthy of the Lord as the Spirit enables us daily.

Jack Sin

(Works consulted include Mt Henry Commentary, Vol 6, World Bible Publishers and Joel Beeke and Randall, J Pederson, Meet The Puritans, Reformation Heritage Books, 2006.)



Local Evangelism
- Macpherson Estate:
SHBPC Fishing Ground



SOVEREIGN HOPE
bible presbyterian church

INVITES YOU TO JOIN US FOR
GOSPEL SUNDAY

Who is **Christ** to you?

BY REV JACK SIN

COME AND FIND OUT ABOUT THIS IMPORTANT
PERSON OF JESUS CHRIST AND WHAT HE CAN MEAN TO
YOU NOT ONLY FOR NOW BUT FOREVER.

30 MARCH 2025
10:00 AM

VENUE:
SOVEREIGN HOPE BP CHURCH
160, PAYA LEBAR RD, ORION
@ PAYA LEBAR #04-06, S(409022)

INFORM DN YUE KAY AT 97450311 IF YOU ARE INTERESTED

Join us for
Evangelism
@ Macpherson
on Sun afternoon
23 Mar 2025.

Invite
someone
TO
CHURCH

A Word of Encouragement

Pastor Jack

Thank you for the reminder of the 6Cs from the message on the GAES Zoom on 15 Feb 2025 on "*How to discern the will of God*".

- 1) Communion with God
- 2) Consultation of the Word in Thessalonians 4
- 3) Communication with God
- 4) Conferring with Godly men or women
- 5) Consider the prevailing situation
- 6) Convictions & Condition of the heart

Lessons well taken.

God bless.

Eld Gary Tay

Come & Join the GAES
this evening
at SGT 5pm.

GLFI
Gospel Light For Indonesia

GAES
GLOBAL ASSEMBLY ENGLISH SERVICE

Lessons on **TOTAL COMMITMENT**
from a **VETERAN LEADER** [JOS 14]

MAR 16 2025
SUNDAY 4PM

Speaker :
REV. DR. JACK SIN

ZOOM ID : 891 5079 3793
PASSCODE : GAES

Memory Verse

Eph 6:4 And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

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. Rev Daniel Gan brings us God's Word this morning on "**Rules in the Covenant Family (Eph 6:1-10)**", continuing the quarterly study on the "**Book of Ephesians: Serving Christ & Exalting the Sovereignty of God in the Church**".
3. Pastor is ministering God's Word and serving the Lord's Supper at Gospel Light BPC this morning.
4. Next Sunday, Pastor will preach on "**Protection for the Conflict of the Christian (Eph 6:11-24)**".
5. Sunday School classes after the worship service are:
 - Walking Through the Old Testament (Pastor)
 - Studies in Job (Dr Kwong Leen)
6. 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 10 Commandments. [Zoom ID:883 9662 4157 Passcode: 218178].
7. **Evangelism @Macpherson will be held on Sun 23 Mar** afternoon to invite the residents to our **Gospel Sunday Worship Service on 30 Mar**. Invite your family and friends to this Gospel Sunday Worship Service too.
8. **2025 Annual Church Camp** will be held on **Jun 10-13** at **Forest City Marina Hotel**, Johor, Malaysia on the theme "**Wise or Foolish Living in a Smartphone Era**" and guest speaker **Rev Tan Eng Boo**. Register by 29 Mar 2025 with Dn Paul at hp:97314733.
9. 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].
10. Pray for:
 - **Medical: Mrs Philip Heng** [brain aneurysm post op], **Poh Suan** [fractured right ankle], **Dn Paul's mother** [medical conditions], **John W's sister Angeline** [lung Cancer], **Kim Meng** [fractured left wrist], **John W's daughter** [dialysis treatment].
 - **Myanmar Missions: Rev David Khobal** (Biblical Reformed Seminary), **Eld Habakkuk** (Gilead Balm Home), **Myitta** (Community Outreach), **Lapui** (Widows Ministry)
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.