

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: lloke822@gmail.com

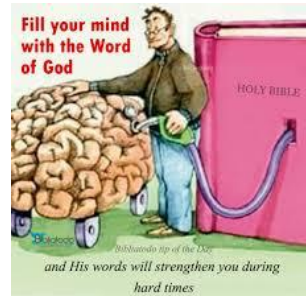
4 ARENAS TO GROW LIKE THE LORD

I was studying the Gospel of Luke that brought me to examine Luke 2 :52 which says, *“And Jesus increased in wisdom and stature, and in favour with God and man.”*

Not much is recorded in the Word of God about the childhood or youth days of our Lord. **This verse has valuable lessons and is expectant with profound meaning and instruction on how our Lord grew in His early years as a child, and how we can help ourselves and our children and others grow in these 4 aspects of life.** Consider the following:

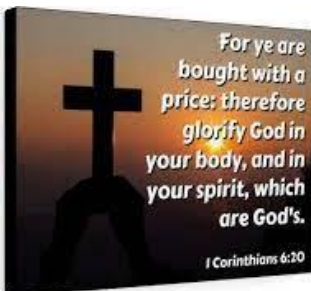
1. Growing Intellectually/Mentally

Our Lord grew in wisdom. Growing in wisdom is a conscious and diligent endeavour when we seek to study and comprehend truths as we read His Word and other books on relevant subjects. It is not just mere accumulation of technical knowledge but biblical discernment and godly prudence and making the right decisions in life, with the life skills to come when we know what is right and we are committed to do it right, (not what is liked) as well. Prov 9:10 says, “The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.”



2. Growing Physically

Growing in the physical dimension is an important aspect of life. Our bodies are the temple of the Holy Spirit, and we need to take care of it. This means regular exercise with sound and healthy diet and sufficient rest too besides others including a strong immune system to fight the virus or bacteria that may attack us. **Good stewardship starts at home, and we start by being disciplined in life as we exercise also unto godliness. (1Tim 4:7,8)** Keeping a fit physical constitution helps us to be effective in



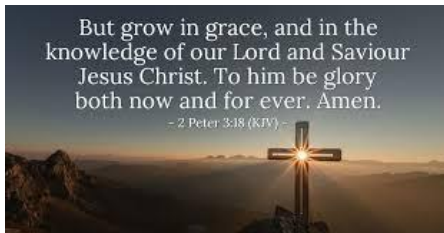
our secular work or studies and to serve the Lord. The failure to do so and neglect of the health of our bodies has serious consequences for this life.

3. Growing Spiritually

Growth in our spiritual walk of faith with regular devotion is commanded of the Lord and is a sign of health and vitality.

Are you reading the Bible daily and praying and increasing in the admonition of God?

Are you growing deeper in your personal prayer life, and in the faithful stewardship of the resources God has blessed us with?



Do you worship God on the Lord's Day, and hear His Word preached and grow in the knowledge and fear of God with each passing year, or do we just grow older?

Are we glowing and going for Christ, or groaning or growling daily as we live in a fallen and decadent world?

It is your call, and you need to prayerfully decide to do so as the Lord leads. Remember 2 Pet 3:18 which says, *"But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen."*

4. Growing Socially

A Christian is not called to be isolated and to live alone, that is to deprive ourselves of the rich resources that comes from the fellowship of the covenant people of God. **The concept of a gathered church is the divine idea for mutual encouragement and support from the fellowship of the saints as they meet to worship God, receive the Sacraments, hear the Word and share and encourage one another in the Lord.** Heb 10:24,25 says, "And let us consider one another to provoke unto love and to good works: not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching."



There are some who are disillusioned and distressed with life when they are disconnected from God and the people of God, and that has caused them to be vulnerable to the wiles of the evil one. Anomie is lack of social and ethical standards corporately that can lead to unrest, alienation of individuals, uncertainty and even chaos. It is a manifestation of a broken and depraved society with no regard for God and for the good of one another.

We are created to be together in edifying Christian interactions and socialisation. That interpersonal network and communication with the people of God is so vital for overall spiritual health and wellness.

A sheep that is far away from the shepherd and the flock is susceptible to temptations and the wiles of the evil one and weakened in its personal safety. We pray to reach out to such a one and he or she need to come back to the shepherding of God and be connected to Christ and the covenant people in the local church.

Conclusion

In summary, there are 4 arenas of growth as we see in the example of our Lord. We need to work on it with each passing year. Do it as an individual or a family and even as a church.

Strive to Grow:

***Intellectually in the Knowledge of God,
Physically in Good Health and Strength,
Spiritually in our Intimacy and Communion with the Lord,
Socially in Fellowship with other Believers.***

Let us consider working on these with the divine help of God and for the wellness of our body and soul, as this is the Will of God concerning us.

Jack Sin

(This was translated into Falam Chin by Esther for the Gilead Balm Home children for their daily devotion.)



Camp Thanksgiving & Sharing



By the Camp Commandant – Dn Yue Kay

I thank God for the church's 5th Retreat held at Lotus Desaru Beach Resort from 11th to 14th June 2024 (4D3N) with 31 campers.

When I was tasked to lead the camp committee again, I was reminded from Zechariah 4:6 ~ “....., *Not by might, nor by power, but by my spirit, saith the LORD of hosts.*” We are to be prayful and always to seek God’s wisdom and guidance in all aspects of the planning and preparation process for the camp.

Our camp theme “***Biblical Pathway for Church Growth & Health***” was indeed very appropriate as the church entered into her 7th year of ministry emphasizing on the spiritual vitality of God’s people and her progress in all areas of the ministry which God has entrusted to us, especially “The Great Commission” (Mathew 28:18-20).

The 4 thematic messages which cover the following topics:-

- * Centrality of the Word of God in Worship
- * Place of Personal & Corporate Intercession
- * Necessity of Responsible Stewardship & Fellowship
- * Vision for Evangelism & Church-based Missions



All the messages were so practical to Church Growth & Health which our camp guest speaker Rev David Khobal, emphasised on the centrality and necessity of the Word of God in all aspects ~ Worship, Prayer, Stewardship, Fellowship, Evangelism and Mission.

Besides the 4 thematic messages, we were blessed with 3 morning group devotion sharings delivered to us by the following Brothers-In-Christ:

- * Joseph Wee (Honour God ~ Malachi 1:6-10)
- * Andrew Chong (In Memorial to Sacrificial Devotion ~ Mathew 26:6-13)
- * Elder Jeffrey Cheong (How to Finish Well ~ 2 Timothy 4:6-11)



We had a workshop session by Pastor Jack on the topic ***“Biblical Steps to Managing Anger”*** which is so relevant in handling our relationship with others. Pastor Jack also shared a devotion on Wednesday Church Prayer Meeting entitled ***“3 Things that are Good for Us ~ Psalm 73:23-28”***. Pastor ended on the last night consecration closing

message entitled ***“Privilege & Joy of Every Christian”*** ~ 1 Chronicles 23:27-32.

We were indeed very much blessed with all the spiritual nourishment of God’s word to our souls.

I would like to share my takeaway lessons & actions from the camp messages as follows:-

Firstly, in the area of **“PRAYER”** ~ to be more fervent in my own personal prayer life. To pray regularly for the work of the ministry, for the needs of the members and learning to pray together with others and for others because I believe “a praying church is a growing church”. Attending the church weekly prayer meeting gives me such a great opportunity.





Secondly, in the area of “**FELLOWSHIP**” ~ to be more Christ-centred during my time of get-together with others, to encourage one another in our journey of faith and on every occasion also to learn to pray together for each others.

Thirdly, in the area of “**EVANGELISM**” ~ to be more intentional and focused. For personal witnessing it is not just giving out a gospel tract or even a Gideon Bible, but to pray and ask God to lead me to someone whom He has ordained to eternal life in order to share the Gospel message. I have to do it more intentional by setting aside a day or two in a month to be more focused. I dare not to ask God, “Give Me Singapore or I die” but I could pray “Give me a soul or I will not rest”.



Finally, all of us as members of the One Body of Christ need to continue to **GROW** in our Christian faith (to be filled with the knowledge of his will in all wisdom and spiritual understanding) and to **SERVE** God (using the spiritual gifts He has given us) for the edifying of the Body of Christ, so that



***Sinners are Justified
Saints are Sanctified, and
God Is Glorified!***



Amen!
In His Service
Dn Yue Kay

By the Camp Advisor – Pastor Jack

Gathering for a Cause

From 11 -14 Jun 2024, 31 of us gathered at Desaru Lotus Resort for an edifying time of learning on a relevant theme, and a blessed time of fellowship and bonding among the campers from 7 churches. Rev David Khobal, Principal of Biblical Reformed Seminar & Myanmar Theological Seminary, Yangon, as our thematic camp speaker together with Eld Habakkuk of Gilead Balm Home. There were 9 who joined us for the first time, and we are glad for the fruitful time together with precious memories.

As Dn Yue Kay has written a good report of the camp for us to read, (and there are others too), I will share of my interactions with the following persons who were at the camp:

1. Eld Habakkuk Mang.

We have ministered at the Gilead Balm Home for a number of times and the Session decided that it would be a good exposure for him to see how a church camp is organised, to learn from the Word of God and meet people who have been praying for his ministry. He was quietly observing and learning from the retreat including the discussion questions, the games and the camp organisation so



that he can do it back in Myanmar as the Lord leads. He is grateful to the Lord for being able to come to Singapore and to also attend the camp in Desaru, Malaysia.

2. I had a good time of chatting with Jireh who is the youngest at the camp. We



shared some thoughts on diligence in studies, relationships, National Service and God. Do uphold him in prayer that he will seek the Lord and come back to worship Him. His parents were glad that he was present at the workshop and hopefully the Holy Spirit will minister to his heart.



3. **Shanti**, the eldest sister of Dewi, and I were in the same discussion group. As we discussed, we also shared the gospel too. We gave Shanti a gospel tract. Let us pray for her salvation.

4. **Bro Foo KJ** was not supposed to be at the camp. He signed up to accompany Samuel Wong, but Samuel could not come as he is unwell. Bro Foo shared at the final night challenge that he was glad he came and benefitted from the message and the fellowship. Pray for the full recovery of Samuel and wisdom in his life in dealing with challenges.

5. The final person is **Joy Tan Bee Leng**. This was the first time she has been to a church camp. Angie asked for

permission from her elder sister Karen for her to come. Karen was so grateful to God that we offered to take care of Joy (who she enjoyed the camp) that she gave a love gift for durians for all campers. As it was not durian season, each camper had Oriental Kaya instead to bring home to share with their families. Karen came to fetch Joy on the last day of the camp when we returned to Singapore and even sent our Myanmar guests to their accommodation.



We pray that the spiritual effects of the Camp will last and that it will transform our hearts and minds to be closer to the Lord, as we work together for the health and growth of Sovereign Hope BPC, and ourselves to the glory of God and the extension of His Kingdom.

Jack Sin



By Sister Han Kin Kheng

Timely Reflections

My faith in submission unto God was tested just a day before the Han household of the 2 sisters and their Myanmar helper, Phaw, were to go to the 5th Sovereign Hope Bible Presbyterian Church Camp Retreat @ Lotus Desaru Beach Resort, from 11 – 14 June 2024.

Phaw was taken unwell. She was running a high fever @ 39.5 °C and nursing a terrible bout of cough! Before sending her off to the clinic, James 5:14-16 came to mind. It reads: *Is any sick among you? Let him call for the elders of the church and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sin, they shall be forgiven him.* Hence, I did just that, informing Pastor Jack, Deacon Yue Kay and Angie about the situation.

Thank God for answering our prayers. Phaw's fever subsided, and she was well enough to go to the camp the next morning. By the grace of God, we did not buckle under the temptation of the evil one to simply give the gathering and fellowshiping of God's people a miss. Upon reflection, it was a different scenario for us not attending the 4th Camp last year. Then, Kin Hoong was hospitalised for her pulmonary embolism condition.

God's plan and will for His children are the best. It is our duty and responsibility to do His bidding, to draw nigh to Him as I was reminded by the messages, group discussions presented amidst all the interactions with fellow campers during the Camp.

It is also here at the Camp that my memory is jolted to rekindle my lukewarm, if not cold, desire which is, "***I retire to re-fire my life for God.***" I am most grateful to God for His sustaining grace and mercy, protection and provision, compassion and patience in equipping me to be the blessing He wants me to be.

Colossians 3:23
*"And whatsoever ye do,
do it heartily,
as to the Lord, and not
unto men;"*

**ALL GLORY and PRAISE
to GOD. AMEN**

Kin Kheng
18 June 2024



How Should

Christians cope with Psychological and Mental Health Problems



基督徒 應該如何 面對 心理和精神健康問題

日期 Date

2024-7-1
10:30am - 4:30pm

講道會以英語進行，
亦有即時粵語傳譯。

**Meeting in English
with interpretation
into Cantonese.**

講員 Speaker

孫友強牧師
Pastor Jack Sin

(美國佛羅里達州彭薩科拉神學院教
牧學博士)，牧養教會超過25年，目
前為新加坡篤信聖經長老會權望堂的
牧師。

[D.Min. Pensacola Theological
Seminary] has been pastoring churches
for more than two and half decades
and is the pastor of Sovereign Hope
Bible Presbyterian Church, Singapore.

恩典福音教會 **Grace Reformed Evangelical Church**
北角渣華道41-47號嘉興大廈1樓4-6號室

Room 4-6, 1/F, Ka Hing Building, 41-47 Java Road, North Point
Enquiry: 2512-8599 , 9167-8417 www.grec.org.hk

EXODUS - SUPERNATURAL GUIDANCE IN THE WILDERNESS OF LIFE

LORD'S DAY PROGRAMME FOR JULY - SEPTEMBER 2024

JULY

- 7** Overcoming the Bondage of the World [Exodus 1:1-22]
- 14*** Divine Preservation in the Plan of God [Exodus 2:1-25]
- 21** God's Answers for Man's Excuses [Exodus 3:1-22]
- 28** When God Used Human Vessels [Exodus 4:1-21]

AUGUST

- 4** Powerful Display of Divine Power [Exodus 8:1-28]
- 11*** Typology of the Passover Lamb [Exodus 12:1-27]
- 18** Song of Gratitude & Praise [Exodus 15:1-27]
- 25** When Teamwork & Prayers Matter [Exodus 17:1-16]

SEPTEMBER

- 1** The Wisdom of Collective & United Service [Exodus 18:12-27]
- 8*** Relevance of the Moral Laws [Exodus 20:1-17]
- 15** When An Idol Displaced God [Exodus 32:1-23]
- 22** Using Our Gifts & Talents to Build the House of God [Exodus 35:21-35]
- 29** Why Jesus Matters in This & the Next Life [John 14:1-14]

Memory Verse

1Chr 16:29 Give unto the LORD the glory due unto his name: bring an offering, and come before him: worship the LORD in the beauty of holiness.

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 Jack is ministering God's Word at Emmaus Church this morning.
3. Rev Nathan brings us God's Word this morning on "***Discipline of Reverential Worship [1Chr 16:23-29, 1Cor 14:33, 40]***", the quarterly series on "***Christian Disciplines in the Lord***".
4. Next Sunday, Rev Koh Hock Heng will preach on "***Discipline of Responsible Evangelism/Missions [Acts 8:25-40]***".
5. Sunday School classes after the worship service continue as follows:
 - How to Interpret the Bible (Pastor)
 - Studies in Ezra (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 Old Testament Foundations and the 10 Commandments. Join us for a time of profitable learning. [**Zoom ID:883 9662 4157 Passcode: 218178**].
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:
 - Pastor ministering God's Word at Grace Reformed Evangelical Church (Hong Kong) on 30 Jun and conducting a seminar on "How Should Christians Cope with Psychological & Mental Health Problems" on Jul 1. Pray for journey mercies and protection for Pastor & Angie in Hong Kong & Country X from 28 Jun – 6 Jul.
 - Medical: Samuel Wong [multiple health conditions], Aunty Chwee Lian [hip fracture], Daniel Phang [high blood pressure], Kin Hoong [monitoring of heart and lungs pressure], Anthony [lung cancer].
9. 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.