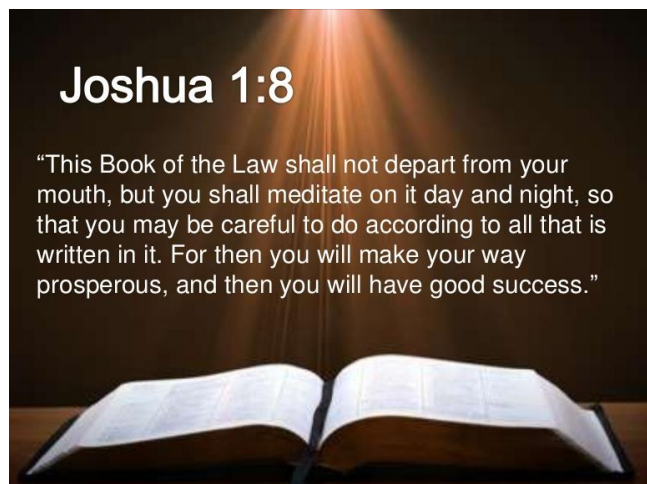


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THE IMPORTANCE OF MEDITATION

One of the numerous texts which challenge and inspire is this, in which the Lord says to His faithful servant Joshua: *"This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success"* (Joshua 1:8). Here God makes it clear to Joshua that the way to have a prosperous life, a life of genuine success, is to meditate constantly on His Word. Here, surely, is a text most relevant to all God's people in our own day and age.

It was a challenging task which faced Joshua, who was now summoned to succeed Moses. Who among us all is fit to follow a Luther, a Calvin or a Knox? But God here shows to Joshua the great secret. True success in the life of a Christian believer has everything to do with obedience to the Bible. What a challenge and what a reassurance God here gives to Joshua! He must meditate on the Bible day and night. If he does so he will "make his way prosperous" and he may be certain to have "good success". This is God's formula to every true believer. **The key to a genuinely prosperous life hinges on our obedience to God's words here: "Thou shalt meditate" on the truths of holy scripture "day and night". These words of God to Joshua are written in the Bible for believers today and in every age.**

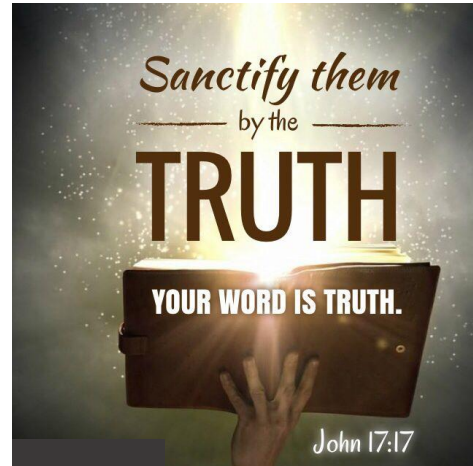


What are we to understand by God's command here to "meditate"? It means to fix our mind on the doctrines, laws and promises which God has given to believers in His Word. It is not sufficient to allow ourselves to have only a shallow knowledge of the Bible. We are here commanded by God's promise to Joshua to put the Bible at the head of all our duties and of all our interests. The Bible, after all, is the first and greatest means of

grace. It is more important than our prayers, more important than our general reading. Our first duty is to so know and follow the teaching of the Bible that it guides and controls our whole life. No other book, no other study, no other interest in life can enable us to live a life of God-honouring obedience as the Bible can do.

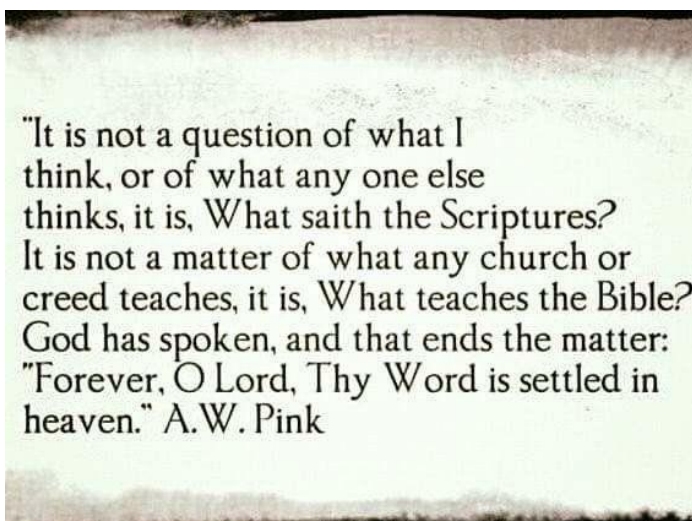
Let us consider this illustration. A lady has a white blouse and she wants to make it red. How can this be done? Not just by giving a quick squirt of red dye. Not just by a quick splash. If the white blouse is to become a red blouse she must soak it in a bowl filled with the red dye. The blouse must be saturated. Only then will white become red.

So it is with our own precious soul. The soul has five faculties: mind, will, emotion, memory and conscience. Because we are all born sinful God, in converting us, begins the process of sanctifying us. He gives us new birth. Then he begins the process which we call sanctification. By drawing our mind to holy scripture He makes us progressively holy. "Sanctify them by thy truth", says our Saviour; "Thy word is truth" (John 17:17). The Heavenly Father sanctifies believers by placing biblical truths into their mind. As the mind is more and more filled with Bible truths so the whole soul is made more holy. All the five faculties of the soul are drawn to value the biblical truths. The greater the impression of the Bible is on our mind, will and emotions the greater will be our effort to conform our lives to the Bible. In this life no believer is perfect. But every believer in this life is on the road to perfection. Because of our indwelling sin we are never perfect in this life. But at death the believers are all wholly and eternally perfect.



Even the Apostle Paul, unquestionably one of the most outstanding Christians of all time, groaned as he reflected on his own personal imperfections: "O wretched man that I am, who shall deliver me from the body of this death?" (Romans 7:24). But he thanks God that at death he, and all God's converted people, will be morally and spiritually sinless and perfect: "I thank God through Jesus Christ our Lord" (Romans 7:25).

The issue which we all face as believers is this: To what extent is my life shaped and conformed to the demands of the Bible?

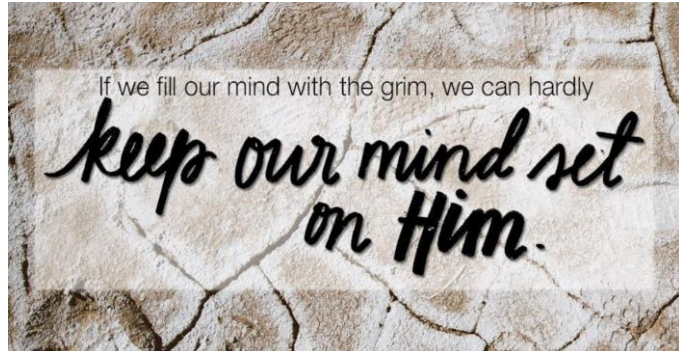


Our progress in godliness is to be measured by our conformity to Bible teaching. We must not put secular learning ahead of God's infallible Word. This is the great mistake of so many in our modern world. To treat the Bible as man's attempt to define religion is the mistake of Higher Criticism. It is a sin to add to the Bible or to take away from it. God tells us that He will terribly punish those who add to, or take from, His Word. See Revelation 22:18-19.

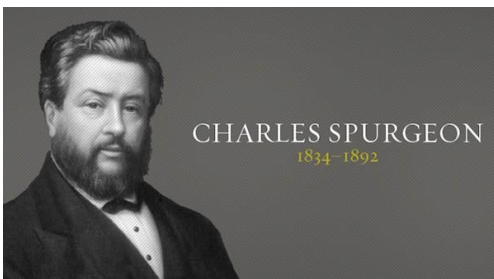
So, when we realise that the Bible is God's divine, infallible revelation for us fallen sinners, we at once realise that our highest duty in life is to believe the Bible and to apply it to every aspect of our lives here and now in this life.

Once we see this to be our duty we can understand how vitally important it is that, as believers, we soak our mind and memory with Bible knowledge, Bible texts and Bible theology. **Our concern as believers is to saturate our faculties till they all become increasingly conformed to the peace and heavenly perfection which Adam and Eve had before the Fall. This perfection we see always in the life and teachings of our Lord and Saviour Jesus Christ.**

When tempted our Saviour did not quote the scholars or secular experts of His day. He answered the devil with the words: "It is written. It is written. It is written" (Matthew 4:4-10). Christ's human mind was filled with Bible knowledge. Of course our Lord had another nature. He was God and Man in two natures and yet one Person. His divine mind was, and is, infinite and eternal. But He had a genuine human mind. From the way in which He resisted the devil's temptations we see at once that He had a perfect knowledge of the Word of God: "It is written".



It is our duty as believers to seek to get our minds saturated with the teachings of the Bible. This was what made our forefathers in the faith so capable: Reformers, Puritans, Covenanters. They had a mind soaked in scripture.



Spurgeon wrote: "The surest road to wisdom is not speculating, reasoning or reading human books, but meditating on the Word of God".

Henry Law wrote: "Devotion is nothing else but right apprehensions and right affections towards God."

Meditation is not practised so much as it ought to be by the modern Christian. It is all too easy to spend hours with our Smartphone sending little messages to our friends. That has its place of course. But a greater duty is to MEDITATE on God's inspired and infallible Bible. Time and again the Bible makes the duty clear:

- (1) "Isaac went out to **meditate** in the field at the eventide" (Genesis 24:63). God gave to him an excellent wife that same day!
- (2) The first Psalm highlights this subject as it defines the godly man: "In his [God's] law doth he **meditate** day and night."
- (3) Psalm 119 contains four references to the practice of godly persons to **meditate**.
- (4) Paul encourages young Timothy's progress in godly learning and godly example by the words: "**Meditate** upon these things; give thyself wholly to them; that they profiting may appear to all" (1 Tim. 4:15-16).

What subjects should we meditate on?

- (1) The **Being of God**: His excellence, glory, attributes, love for poor sinners;
- (2) The wonderful **Person of Christ**: that He, being God, took human nature unto union with His divine nature - not just for thirty-three years, but forever;
- (3) The **Moral Law, or Ten Commandments**, which are God's standard of perfection. The more we, as believers, manifest in our lives our earnest desire to keep God's holy laws the more our light will shine and we shall honour God;
- (4) The **Cross of Christ**: that He so loved His people that He went to the length of enduring the punishment of God for our sins which we deserve to suffer;
- (5) The wonderful **Relationship of Christ to His Church**. By "church" is here meant the company world-wide of all truly converted believers. This invisible church is the Bride of Christ. How wonderful!

When a believer's mind and soul are in the habit of meditating on spiritual truths his life will reflect true Christian godliness. Let us all obey God's word to Joshua to meditate on the holy scriptures.

Rev Maurice Roberts

Free Church of Scotland Continuing



10 Things I would not have done if not for the Circuit Breaker

There are unique experiences in our lives that may give us opportunities to learn new things from the Lord. Singaporeans have been through one and a half months of the circuit breaker so far, when we are to stay at home and work from home and our children have been placed on home based learning from 7 April until early May. This whole national compulsory exercise is unprecedented but necessary, hopefully as an effective way to fight against the transmission of the highly infectious coronavirus which is fast spreading around the world. Over 4 million people have been affected and over 300,000 have died. By the mercies of God, in Singapore, the circuit breaker seems to be working as the numbers of new infections within the community is going down to a single digit. Although we need to continue to uphold the authorities and the migrant workers in the various dormitories in much prayer for their recovery, safety and salvation by the will of God.

During this circuit breaker, we know that all things work together for good to those who love the Lord (Rom 8:28). Although we have to stay at home, we are enabled by the Lord

to do certain things that we may not have done otherwise. For me, there are certain things that I have not done before until the circuit breaker. They are the following below:

1. Live Streaming Sabbath Worship Service and Responsible Stewardship over electronic means

29 March was the first time that we conducted a virtual worship service recorded from church via Facebook for our members and later including some friends and worshippers from 9 other countries (namely Malaysia, Indonesia, India, Myanmar, Australia, Chile, Brazil, Laos, Brunei). By the higher hand of God, we were able to reach out to more people (about 60 or more with others listening to the sermon thereafter) than we could ask or imagine and the use of modern technology has helped the church to continue our sabbath worship service in the midst of this circuit breaker period. Angie and I have also for the first time given our tithes and offerings via electronic means by bank transfer to the church account as the Lord had taught us in his word as part of responsible stewardship of all that he has blessed us with (2Cor 9:7 and Lk 8:38).



2. Virtual Chinese Fellowship Meetings

3. Virtual Church Prayer Meetings and Online Wedding Service

On the 26 April, SHBPC initiated a virtual fellowship meeting on Sunday night at 7 pm with 10 Chinese brethren, with the teaching of the word, worship in the singing of hymns and songs, with prayer and sharing among the brethren. This meeting gathered much interest and last Sunday we had 15 people who joined us including a pastor from country x, a sister from the US and Myanmar, and brethren from other churches with Bro Paul Kong leading us in worship and singing. We thank God for this opportunity to reach out to some of the Chinese migrant workers who were unable to work, and be a blessing to them in sharing the word of God with prayer to ground them in the most holy faith for such a time as this. The Wednesday night church prayer meeting also is conducted online with 17 people joining us from 4 countries(Laos, Kenya, US and Australia) for a meaningful time of intercession, sharing and the study of his word. Angie and I participated in a online Chinese wedding service on 16 May when we shared the Word of God in Chinese in a greeting to the couple (i.e. bridegroom is the son of a pastor we know) via zoom with virtual guests from different countries .What an experience for me for this is the first time after 23 years of being a deputy registrar of marriage in solemnising wedding services in person.



4 Virtual Pastors Fraternal Meeting and Overseas Preaching Engagement

Prior to the circuit breaker, a monthly Pastors Fraternal met at SHBPC on every third Monday of the month during lunch time. This was not possible during the circuit breaker. Eld Loke suggested having a virtual meeting among the likeminded Pastors and Elders for mutual encouragement and to pray for our churches, our nation and for one another. The meeting was held on 4 May at 2.30 pm and it was attended by 11 Pastors and Elders from 9 BPCs with lively discussion of how COVID19 has impacted the churches. The Word was shared by Pastor Jack from Jude 20-25 on the 4 Imperatives for the Christian during the circuit breaker with corporate prayer for the nation and one another's ministry and missions.



Last Friday night, I had the unique opportunity to speak to about 48 people from the Young Adults Fellowship of Hope BPC, Adelaide on Spiritual Discernment and Cults over Zoom. We thank God for an edifying time of effectual learning together. I had the opportunity to preach to the congregation of Gospel light

BPC in mid April over Skype in their Good Friday worship service and will be preaching again to another BPC worship service on 31 May, God willing.

5 Electronic Gospel Tracts for Evangelism

6 Counselling and Bible Quizzes

The church normally organises an evangelistic session during the second Sunday of the month, and of course this was not possible during the circuit breaker period. We began instead to convert our tracts into a pdf file sent via WhatsApp to some who are non-believers peradventure they may be saved. Our Tamil version of the gospel tract, 'the Christian Perspective of Life and Death' was used by a local Tamil pastor to send to his members, some of whom are Indian migrant workers. A sister who is based in Australia shared with me that she sent our electronic gospel tract to her neighbour and one of them responded positively, seeking to know the Lord Jesus as her Saviour and Lord and we praise God for that! You never know what the Lord will do by his divine grace to redeem souls as he wills as we evangelise and share Christ in these last perilous days. (Mt 24:14). I have also the opportunity to counsel a family and answer questions asked about the Bible by some during these one and half months. For the first time, we also conducted a series of Bible quizzes via Whatsapp that was quite well participated by Christians from different countries, with some getting an ebook prize.



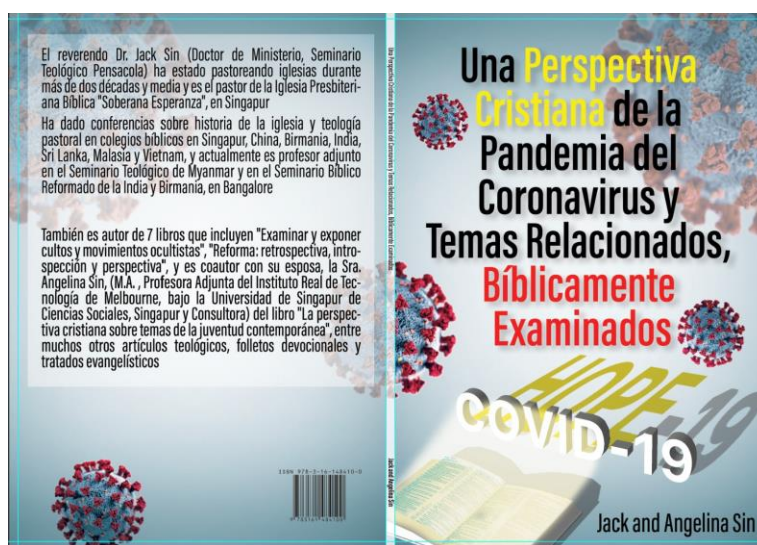
7 “Go-Jack” food delivery services to aged parents on a weekly basis with precautions taken

As we are not supposed to mingle with our loved ones except for essential purposes, we take turns to bring food to our aged parents (dad is a 91 years old stroke recovery patient and mum is an 83 year old leukemia patient) among the children. I would go fully masked and with social distancing and just 5 mins of contact time, bringing food and fruits to them every Tuesday. This is highly unusual as we normally would spend an hour or more in their home but for these 2 months it is not possible. But we thank God that we were able to bring food and to see that mum and dad are well and to encourage them as well in our short encounters. We continue to bring my mum to SGH for her medical appointment despite the inconvenience. Let us continue to uphold our senior members and loved ones before the Throne of Grace.



8. The Writing of a Book for Spanish speaking people

These 2 months, we have been writing on relevant themes related to the Christian perspective of the COVID 19 pandemic and these articles have been translated into Chinese by Bro Paul Kong and into Spanish by some Latin American brethren by the sovereign will of God. We thank God that we were able to edify and exhort the saints in the Chinese language and also in Espanol for our Hispanic brethren in



Latin America who are members of the ICCC interested in the Word of God and our articles. God sent his faithful servants to help us with the translation and compilation of our relevant writings into a book of about 100 pages that may be published into a book or be used as an electronic book during or after this whole health crisis, God willing. We thank God for Dr Brad Gsell, the President of the ICCC who has written a foreword and for IBFPM missionaries and other brethren who are involved in the translation work. Our webmaster has just added a segment for Chinese and Spanish articles on the church website and you can check them out.

9. Regular exercise 6 times a week

In a normal week, as we are always so busy, we could only exercise twice or thrice a week but during the circuit breaker, we make it a point to exercise every day with our brisk walk for about 6-8 km around the vicinity, except for Sunday. Sometimes when it rains, we exercise at home instead with our cross trainer and we find this refreshing for both our bodies and soul. This is necessary as we do not want to be obese and lazy with just working and eating and sleeping all the time. This exercise is also important to strengthen our immune system and to keep physically fit as we serve the Lord. We need to exercise unto godliness too in the daily reading of His Word and prayers (1Tim 4:7, 8).

10. Hygiene and enhanced cleanliness in the home

I must admit that we often take hygiene and sanitation for granted. I often forget to wash my hands regularly and especially my spectacles, but now I do it more often than before. Now with this health crisis, we make it a point to ensure personal cleanliness and ensure that in our home and car as well. I have also learnt to trim my own hair while waiting for the barber to open soon (although this is not the first time). Thank God also for Angie who has been both working from home and with her culinary skills, cooking the daily meals, besides the normal household chores. She tried some new recipes and baked her usual muffins for us and our loved ones. Thank God for every provision as one day we received a surprised delivery of 2 seabass and 2 trays of hybrid grouper fillet given by a couple who loves the Lord. Praise the Lord!

Conclusion

We are living in perilous end times and we need the sustaining grace of our sovereign God daily for protection and wisdom in our lives. We thank God for His divine mercies and faithfulness in preserving us, our families and the church during this particular season. We need to seek the Lord and to be productive and fruitful where we are and we need to be vigilant to take the necessary precautions and to continue steadfastly in our faith as we stand united to fight against the spread of this contagious coronavirus and wait patiently upon the Lord for His deliverance in due season.

Jack Sin

Memory Verse

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.

Announcements

1. We thank God for many who are participating in our Facebook Live streaming worship service which will continue till early June or as otherwise informed.
2. Rev Jack Sin speaks today on "The Prayerful Prime Minister" (Daniel 6:1 - 28).
3. Rev Jack Sin speaks next Sunday on "The Interpretation of a Revelation from God" (Daniel 7:1 - 28).
4. Chinese Fellowship meets on Sunday night at 7pm via Zoom. Kindly contact Pastor or Angie for the zoom link if you are keen to join.
5. Do send your prayer items to Pastor and join us for Church Prayer Meeting on Wed at 8pm via Zoom.
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, Offering and Tithes to the Lord can be given in the following ways:
 - **Cheque** payable to **Sovereign Hope Bible Presbyterian Church** and mailed 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**