



NEW LIFE

BIBLE-PRESBYTERIAN CHURCH

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"For the Word of God and for the testimony of Jesus Christ" (Rev 1:9)

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Dear Readers,

THE ANTIDOTE FOR ANXIETY

Many fatalities are caused every year by accidental poisoning. Others die from the bites of venomous snakes or the stings of poisonous insects. But many victims are saved by antidotes and serums which counteract the effects of the poison. Jesus warned about a poison which attacks not the body, but the soul: worry. Do you know that worrying is one of the worst habits that has ever afflicted mankind? It causes people to lose sleep, lose their appetite and lose their effectiveness. Medical research has proven that worry breaks down our body's resistance to diseases, and causes stomach ulcers, headaches and heart problems. When carried to an extreme, worrying brings about severe depression, irrational behaviour and even suicide.

Unfortunately many people take the wrong antidote for this poison of the soul. Some resort to chanting mantras in transcendental meditation to get rid of their anxiety. Others try to pickle their anxiety in alcohol. They go on a drinking binge and end up with a bigger problem to worry about! The best antidote for worry is the one that was prescribed by our Lord Jesus. This antidote contains 5 "doses" of truth...

1. Realize that there is more to life than mere existence

Matthew 6:25 – *"Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?"*

We should not become so concerned about these mundane things that they become all that we care about. For many people, the meeting of physical needs has become their primary concern in life. Here in London this concern is not so much about bare subsistence as it is about buying a house, a car, a personal computer and all the equipment that are deemed necessary for our survival in this city-state. The anxiety about these needs is translated into anxiety about getting and holding on to a well-paid job to pay for these things. And that anxiety is in turn translated into the anxiety to get the right educational qualifications and therefore getting good grades for exams. And so what Christ said in v.25 is something that perhaps the majority of us may be guilty of – we do take much thought of these things – even more than we ought.

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This is one reason why many Christians have no time to be involved in Christian service, in evangelism, even in attending church and prayer meeting regularly, or in keeping their daily devotions – They are just too busy taking thought of their physical needs. When important exams are around the corner, they cease all spiritual activities. When faced with the option to take or not to take a well-paid job that requires them to be absent from church on Sundays, they take it, thinking that their livelihood overrides every other consideration. And when, for some reason, their income is cut and they earn less, they stop giving to the Lord.

If we have this attitude, we are really denying one very important principle. And that is found in the words of Jesus – *"The life is more than meat and the body than raiment."* There is really more to life than just making a living and keeping ourselves alive. There is much more to life than just plain survival. Life is meant for us to know God and to glorify Him. After all, God is the One who gave us life and without him we would not have life at all. But the question may be asked, how can we glorify God if we can't survive? How can we glorify God if we do not worry about our physical needs? The answer from Jesus is that we need not worry because God Himself will ensure that our physical needs will be met. He who gave us life is surely concerned about our survival. This brings us to the second dose of the antidote for anxiety:

2. Remember that God cares for His creation

Two illustrations are given for this, one from the animal kingdom and the other from the plant kingdom. Matthew 6:26 – *"Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?"* This addresses the need for food and daily sustenance.

The other illustration addresses a different need – the need for clothing: Matthew 6:28-29 – *"And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these."* Do you know that lilies, especially Easter lilies, are some of the most sought after flowers for wedding bouquets? It is because of their beauty. Did they have to toil or spin a single thread? Did they have to weave it into cloth, sew it and put clothes on in order to gain such beauty? Not at all. God took care of all that.

The thrust of both of these illustrations is the same: If God loves and provides for the animals and even the plants, how much more concerned must He be for our welfare, who were created in His own image and likeness? Matthew 6:32 tells us: *"for your heavenly Father knoweth that ye have need of all these things."*

Here we can see what a terrible sin worrying is: It insults God on at least two counts. Firstly, it insults God's fatherhood. Just as a human father has a responsibility to care for his own children, God our heavenly Father has taken upon Himself the responsibility of our care. Worrying about our daily provisions in effect portrays God as being an irresponsible father – so irresponsible that we have to make up for His shortcomings by depending on ourselves and others!

Secondly, worrying insults God's knowledge. What is the use of God's fatherly...

care if He does not know what we need? When people see us worrying constantly about our daily provisions they may be led to think that God does not know our needs well enough. Now that we can see what a bad testimony we bear to the world about God whenever we worry, let us quit worrying and start believing! Let us also take the next dose of the antidote to heart:

3. Recognize that worry is counterproductive

Matthew 6:27 – *"Which of you by taking thought can add one cubit unto his stature?"*

There are two possible meanings here, because the word "stature" can mean either lifespan or height, depending on the context. And the word "cubit" can either mean the length from the elbow to the tip of the hand (about ½ metre) or an "hour." Either way, the thrust is the same: Worrying cannot increase one's height nor can it prolong one's life. Far from prolonging life and contributing to health, worry and fear (according to doctors) actually shortens life and undermines our health. We would therefore do well not to worry. And one way to do this is to apply the truth given in the 4th dose of the prescription:

4. Refuse to allow material concerns to usurp spiritual priorities

Matthew 6:33 – *"But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you."*

The key word here is the word 'first.' We cannot give our best efforts to God's kingdom if we are preoccupied with accumulating wealth and "security." How do you think the Lord feels when He sees us giving greater priority to our own physical needs than to Him? How do you think He

feels when we seem to doubt that He loves us enough to take good care of us, and so we take upon ourselves entirely the task of meeting our own needs? How do you think that makes Him feel? The Lord is grieved that we do not trust Him; He is grieved because we doubt His power and His love.

There may be times in your life when you will face a crisis. Your livelihood may be endangered, and your savings may be depleted. Your physical well-being may be affected, When this happens what will you do? Will you forget the Lord or will you trust Him to help you? Beloved brethren, please remember that the Lord must always be of greater importance to you than your physical needs and well-being.

Rather than seeking to meet all our physical needs, we should seek the Kingdom of God. That is the key to a truly fulfilled life. Set your heart on loving the things of God. Realize how much they are worth pursuing. When your heart is set on loving the things of God, your life will begin to show it. While others spend most of their time in the things of the world, you will spend most of your time in your relationship with God and in promoting His kingdom.

Your energies will be diverted to glorifying God in every possible way and in every area of your life. Your heart will be excited for spiritual gains. Your mind will see everything from a different perspective – God becomes the reference point of all your thinking. Your pursuits will not include anything that would hinder the...

Kingdom of God. If these things are present in your life it shows that your heart is truly set on seeking and loving God's kingdom.

Thus far we have seen four doses that are prescribed for the overall antidote against anxiety. There is one more dose we must take to make it complete:

5. Respond to life's challenges as they come

Matthew 6:34 – *"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."*

We will go a long way toward reducing stress and worry if we will learn to take life one day at a time. Why should we borrow trouble from tomorrow? Oftentimes the things that are feared about tomorrow never come to pass!

When Jacob was traveling with his family and flocks on his way back to Hebron, he received news that his brother Esau was coming to meet him with 400 men (Genesis 32:6). He must have imagined the worst that could happen. He worried so much about what Esau and the 400 men were going to do to him because of his past misdeeds, that he tried every means to prevent the inevitable revenge from coming: Sending generous gifts to Esau.

But that did not reduce his worry at all. That night he could not sleep but got up to divide his family and flocks into two camps separated from each other by a river. In that way, at least half of what he had would survive an attack. When the next day arrived, so did Esau and the 400 men. Instead of the expected massacre, Jacob and Esau had a blessed reunion! If only Jacob had trusted God, he could have spared himself from a day and a night of heart-wrenching anxiety!

So let us trust God about tomorrow and not be overly concerned. While it is good to be prepared to face the contingencies of the future, we should not allow the uncertainties of the future to rule our lives at present and make us worry unnecessarily, wasting lots of time and energy on things that may never happen.

Finally, instead of having the habit of worrying, we should develop the habit of praying. Coming regularly for our Saturday prayer meeting can help you to develop this habit to counteract your habitual worrying. Each time you feel like worrying – remember to pray. And as you pray, your worrying will gradually give way to a wonderful sense of serene calmness and peace. This is an inward peace that comes from God, a wonderful peace that passes all understanding. There is nothing in this world that can bring such perfect calmness and peace to the anxious Christian than prayer. As the hymnwriter Joseph Scriven wrote:

"Oh, what peace we often forfeit, oh what needless pain we bear.

All because we do not carry, everything to God in prayer."

Now that you know the antidote for anxiety, why do still wait to take it? Take your doses now and be healed! It comes from the Great Physician Himself.

*Rev Charles Seet
Life B-P Church, S'pore*

Watchful in Thanksgiving

By Rev. Daniel Khoo, New Life BP Church, S'pore

"Continue in prayer, and watch in the same with thanksgiving." (Col 4:2)

A brother once shared this verse with me that the Bible not only teaches us to watch and pray but also to watch and be thankful.

The Bible is a wonderful book. After studying the Bible for many years, we can still learn fresh and precious lessons from it. It is important to give thanks because it is "the will of God in Christ Jesus concerning us". We must be watchful and thankful in prayer. Our prayers should include thanksgiving in addition to our pleas and requests. Even after we have received of what we asked for, we are not satisfied and always ask for more. How often have we taken time to thank God for His blessings? Not often, I presume. That is why Paul reminded us to "continue in prayer, and watch in the same with thanksgiving."

In the last days, man will become increasingly ungrateful, "For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy..." (2 Tim 3: 2 - 3). Man thinks that his success is due to his own luck and endeavours. When he fails, he blames God and others. But whichever way things turn out, he does not give thanks to God!

Instead of being thankful for everything as the Bible teaches us, some Christians will only complain about everything. That is why the Bible warns us to be watchful in thanksgiving. For example, we can begin well and we are thankful when we finally find a job after being laid off for a long time. Gradually we forget the God-given privilege of working and earning. We will start to complain again - about the long hours and about the pressures of work.

Another reason for our ingratitude is our covetousness. We can seldom be satisfied. When a man is blessed with a good wife, he wishes that she is more beautiful. When a woman has a husband who loves the Lord, she wishes he has more earning power. The parents wish that their children would be smart in studies as well as good in sports and the arts. We always wish for that which we don't have and fail to count the blessings that we already enjoy. We set our sights on full marks and complain when anything short of an "A" is obtained! Actually we are nobody and we have nothing, all that we have are blessings and grace from God. They are all free gifts from the Father above.

Let us be watchful in thanksgiving, for the Bible says:

"In everything give thanks: for this is the will of God in Christ Jesus concerning you." 1Thess 5:18

In Green Pastures Devotional Readings for Every Day of the Year

By J.R. Miller, D.D.

5 November 2006

MORNING

1 TIMOTHY 6:6 "But godliness with contentment is great gain."

CONTENTMENT does not mean satisfaction— with our great natures we never can be satisfied. Being contented does not mean that a person enjoys discomforts, hardships, narrow circumstances, sufferings. That would be unnatural. To be contented is to accept one's condition and circumstances, whatever they may be for the time, without complaining or fretting, making the best of them.

In another place Paul speaks about his own experience in attaining this grace. He says, "I have learned, in whatsoever state I am, therewith to be content." He had learned to be independent of conditions. He had in his own heart the resources for quiet and peace, so that in the barest circumstances he did not fret. It is interesting to notice that Paul says he had learned to be content. This suggests that it did not come to him naturally, but with something he had to learn. He intimates to Timothy that he who is contented is rich, though he have only godliness. Discontent is poverty, though a man have millions.

EVENING

COST OF HELPING OTHERS

IT is only when you have passed through the fierceness of temptation, wrestling with evil, sore beset, and victorious only through the grace of Christ, that you are ready to be a helper of others in their temptation. It is only when you have known sorrow in some form yourself, and when you have been comforted by divine grace and helped to endure, that you are fitted to be a comforter of others in their sorrow. You must learn before you can teach, and learning costs. At no small price can we become true helpers of others in this world. Lessons which cost us nothing are worth but little. Virtue went out of Jesus to heal others; virtue must go out of us to become life and benediction to other souls.

WELCOME TO NEW LIFE B-P CHURCH LONDON
CHURCH THEME: STRIVING TO LIVE ABOVE OUR SPIRITUAL BLESSINGS
IN CHRIST (Ephesians 1:3)

Our worship services begin promptly at **11.00 am and 4.00 pm.**

Please stay back for Bible Study and fellowship lunch after the morning worship and for tea after the evening service. Do invite your friends to come to Church.

Worship Services			WELCOME
Morning	Today: 05/11/2006	Next Week: 12/11/2006	We extend a warm welcome to all worshippers this Lord's Day.
Chairman:	Jonathan Kim	Alvin Chow	
Speaker:	Rev Yeo Seow Phong	Pr Mok Chee Cheong	
Message:	Will Your Labour be in Vain?	The Empty Tomb	NEWS/ANNOUNCEMENTS
Text:	John 6:22-59	John 20:1-10	<ul style="list-style-type: none"> • Evening Service: Westminster Larger Catechism (WLC) Q137. Which is the eighth commandment? Q138. What are the duties required in the eighth commandment? Q139. What are the sins forbidden in the eighth commandment? Do stay back and find out the answers from the Word of God. • Meet the Task Force: The Task Force members will be available to meet you between 2:30 to 3:00 pm every Sunday. First come, first serve basis. • Family Worship: For those who would like to open up their homes or would like to participate in this ministry, please see Mok. • Areas of Service: For those who are interested to help in the kitchen ministry or post lunch washing-up, please see Jonathan. • Student's Outreach: Thank God for the first Student's Outreach at LSE last Thursday. Please pray that God will bless this ministry.
Organist:	Yanning	Anthony	
Evening			
Chairman:	Jeff Pun	John Poh	
Speaker:	Pr Mok Chee Cheong	Pr Mok Chee Cheong	
Message:	The Eighth Commandment	The Ninth Commandment	
Text:	WLC Questions 140-142	WLC Questions 143-145	
Pianist:	Anthony	Feng Qian	
Other Duties			
	Today	Next Week	
Ushers	Daniel/Joyce	John/Evelyn	
Sunday Sch:	Carol	Joyce	
Lunch:	Yoong Chiang	Maureen	
Washing-up:	YAF Group 1	YAF Group 2	
Bible Study:	No DHW	DHW – Genesis 28	
Appointments of the Week			
Fri 9 Nov	7.00 pm	Young Adults Fellowship: Spkr: Tbd	
Sat 10 Nov	4.00 pm	Prayer Meeting & Bible Study: Spkr/C'man: Pr Mok	
Last Week's Worship Service Collections			
Offering:	£578.71	Book Sales: £20.00 Lunch: £38.00	
<h2 style="margin: 0;"><u>The Lord's Prayer</u></h2> <p style="margin: 0;"><i>Our Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen</i></p>			