



NEW LIFE

BIBLE-PRESBYTERIAN CHURCH

44 Salusbury Road, London NW6 6NN

Charity No. 1060655

Tel: 020 7328 0869 (Manse); 020 7372 6858 (Office)

Email: newlifebplondon@yahoo.co.uk

Website: www.newlifebpc.co.uk

Administrator: Mok Chee Cheong 07921 929515

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

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LORD'S DAY 7 MAY 2006

Dear Readers,

WHY WORRY?

We worry our lives away. We worry about our parents, spouses, children, work, job security, studies, health, finance, the political and social problems in the world and so many other things under the sun.

What Worry Can Do to Us

Worrying eats up a person physically and spiritually. Proverbs 17:22 says, *"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."* Worrying certainly stifles us, suffocates us, and paralyzes us even to the extent of squeezing the life out of us. In fact, the word worry is derived from the old English *wyrgan*, which meant "to strangle."

Physically, whenever we feel that things in life are out of control, we develop symptoms like sleep disturbances, back, shoulder and neck pain, migraines, high blood pressure, irritable bowels, skin problems, susceptibility to flu, cold, infections and depression.

Spiritually, worry ruins our communion with God. Faith in Him fizzles out. "Worry never robs tomorrow of its sorrow, it only saps today of its joy." The godly David himself was not spared of worries when he cried out, *"I am troubled; I am bowed down greatly; I go mourning all the day long"* (Psalm 38:6).

Why Do We Worry

When God created Adam and Eve, they had total trust in the Lord, knowing that God would care and provide for their needs. But they chose to question God's providence and provision and their trust in God was replaced with trust in themselves and in other things.

Today, man is not able to trust God because we are living in a sin-cursed earth and the personal relationship with God is broken. A sinner is an enemy of God (Rom 5:10). Sin has formed a barrier between man and God. The ability to trust God to meet our needs is restored only when we believe in the Lord Jesus Christ as our personal Saviour because He Himself has broken down the barrier and made peace with us (Eph 2:14-16).

What it Means to Worry

We Doubt God's Ability

So we are now reconciled with the omnipotent, omniscient and omnipresent God. We are His children (Rom 8:15). We are eternally secured with a place in heaven obtained for us by Jesus Christ. Why then are there still worried Christians around? Why do we still doubt God's sovereignty, unconditional love and care for us? Isn't it embarrassing that we are no better than unbelievers in this? (Matthew 6:32).

Worry is a sin. It is contrary to having faith in Christ. When we worry, we are telling God that we do not trust His sovereignty and power to providentially care for us. Hebrews 11:6 reminds us, *"But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him."*

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We Accuse God of Being a Liar

When we worry, we are striking at God and saying that He is a liar. We doubt the Word of God. It is ironical to say that we believe in the inerrant and infallible Word but do not believe that God is able to fulfill His promises for us. When we remember promises of God like Psalms 55:22; 121; Isaiah 41:10, Matthew 6:24-33; 2 Corinthians 12:9; 1 Peter 5:7, Hebrews 13:5,6 but do not gain any comfort from them for our soul, we have to repent of our deep distrust of our God and cry out before Him, "*Lord, I believe; help thou mine unbelief!*" (Mark 9:24).

We Deny that He Cares

We sometimes have the mindset that when good things happen to us, God is on the throne but when bad things strike us, God is off the throne. We have to come to terms with the truth that God is always on the throne no matter what circumstances we face in our daily life. In 1 Cor 10:13, we are told, "*There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*" This assures us that in actual reality when temptations or trials overtake us, God is not surprised by any turn of events and He is in full control. By His faithfulness, He will grant us His all-sufficient grace to bear it (2 Cor 12:9).

The psalmist in Psalm 94:19 says, "*In the multitude of my thoughts within me thy comforts delight my soul.*" He was troubled by the multiplying thoughts and cares of the world. But he found consolation in God. We are not therefore to be mastered by our circumstances but be mastered by the eternal truth of His promises for us.

How to Overcome Our Worrying

Heed Jesus' Command

What we need to do is to heed what Jesus commanded us in Matthew 6, "*to take no thought*". The word "thought" is from the Greek word *merimnao* which is derived from *merizo* which means "*drawing in different directions to the extent of being unstable.*" Jesus commands us to stop being distracted and unstable and losing our focus on Him. He gave very good reasons why we should stop worrying.

In Matthew 6:25, we learn that the God who has made us fearfully and wonderfully (Psalm 139:14) also gives us breath to sustain us emotionally, mentally, physically and spiritually. Will He not also be capable and competent enough to provide for our needs and to help us in our weaknesses and infirmities?

In Matthew 6:26-30, we learn that God sets us apart from His other creatures by making us in His image (Genesis 1:27) with a living soul. Are we not better than the birds of the air, the lilies and grass of the field? Although we have the same Creator, God made man special. Neither animals nor plants can be redeemed by the blood of Christ or have a place in Heaven. As we think about these reasons, is it legitimate and God-honouring for us to be a worried Christian?

Build Our Confidence in God

In Matthew 6:34 Jesus commands us to stop worrying for tomorrow. God will take care of tomorrow for us. It is better for us not to know what tomorrow will bring. J.R Miller aptly remarked that, "there are things it is better we should not know beforehand. Indeed, it is a merciful provision that we cannot see into the future.

If we could see the sorrows, struggles, defeats, and trials that we shall have to meet before we get home, our bright days would be saddened by anticipation of these things." (*In Green Pastures—8 April 2006*). Hence, it is far much better to know Who holds tomorrow than to know what tomorrow brings (Matt 6:34). We are to trust solely in God to help us meet the temptations, trials, opportunities and struggles we have for today and tomorrow.

7 May 2006

MORNING

DEUTERONOMY 6:11-12 "And houses full of all good things, which thou filledst not, and wells digged, which thou diggedst not, vineyards and olive trees, which thou plantedst not; when thou shalt have eaten and be full; Then beware lest thou forget the LORD, which brought thee forth out of the land of Egypt, from the house of bondage."

THE people were going to a country which had long been possessed by a nation who had build cities, filled fine houses with good things, and planted vineyards. All these things the Lord would give to them. They would not have to erect houses nor plant orchards of their own. But the danger was that when they had received all these things they would forget that they were gifts from God and would turn away into sin. We are not to forget the Giver as we enjoy the gifts.

Children that receive from their parents many good things are oft-times ungrateful, forgetting through what toil and sacrifice these blessings have been prepared for them. It is better for us to work ourselves for the things we get, and then we shall know their value and ever be grateful to God for them. It is always a perilous thing to forget God. To forget any friend who has been good to us is a base sin. But to forget God, to whom we owe every blessing, is the worst of all.

EVENING

WHY SO CHARY OF KINDNESS

WE let our friends go through life without many marks of appreciation. We are chary of compliments. We hide our tender interest and our kindly feelings. We are afraid to give each other the word of praise or of encouragement lest we should seem to flatter, lest we should turn each other's head. Even in many of our homes there is a strange dearth of good, wholehearted, cheering words. Let us not be afraid to say appreciative and complimentary words when they are deserved and are sincere. Let us lose no opportunity to show kindnesses, to manifest sympathy, to give encouragement. Silence in the presence of needs that words would fill is sinful.

We have to let go of the things that we cannot control and submit them to God. Just as we cannot control how tall we are or the amount of hair on our head (Matt 6:27), so we should not try to control things in our life that are beyond our control.

Pray with a Surrendered and Thankful Heart

We have to put matters in the right perspective, as the apostle Paul exhorts us in Philippians 4:6, "*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*" When worries arise in our hearts, and we become anxious for the things to be settled, remember this: God may want us to wait but He never wants us to worry. Thus, what we need to do is to pray and surrender our cares to Him. Our help is just a prayer away as our omnipotent Lord promises, "*Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not*" (Jeremiah 33:3). Cry out to God in faith without doubting, questioning or even blaming Him. Cry out to Him with thanksgiving in our hearts. Erase the faulty perspective of a limited God from our minds. Our heavenly Father knows best and His purpose for us is for our own good (Romans 8:28).

Conclusion

Let us draw close to our heavenly Father and find peace by trusting in Him and in His Word. This peace will lift the believer above the tempestuous storms of life made possible by the Prince of peace (Isaiah 26:3-4). This is one of the great benefits of trusting in our God and Saviour Jesus Christ. Do not be afraid of tomorrow, for God is already there. Will you not obey what our loving Lord commands all His beloved children to do - "*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you*" (Matthew 6:33)?

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. Invite your friends to come to Church.

Worship Services			WELCOME	
Morning	Today: 07/05/2006	Next Week: 14/05/2006		
<i>Chairman:</i>	Jonathan Kim	Seetoh Yoong Chiang		
<i>Speaker:</i>	Rev Basil Howlett	Mok Chee Cheong	NEWS/ANNOUNCEMENTS	
<i>Message:</i>	Be Slow to Condemn	Jesus, The True Light	<ul style="list-style-type: none"> • Evening Service: Westminster Larger Catechism (WLC) This week: Q89: What shall be done to the wicked at the day of judgment? Q90: What shall be done to the righteous at the day of judgment? Next week: Q91. What is the duty which God requireth of man? Q92. What did God at first reveal unto man as the rule of his obedience? Do stay back and find out the answers from the Word of God. • 10th Anniversary preparations: This will take place on Jun 25. For those interested in helping out, please see Mok or Jonathan. Church sanctuary cleaning has been planned for 10 and 17 Jun. • Book Sales: All books displayed on the book table are ½ price off. • Church Heating Installation: This will commence on 15 to 25 May. Please pray that the installation work will be performed properly, without any complications. • Pray for: Students who will be having their examinations in the coming month. • Metropolitan Tabernacle School of Theology 2006: The conference theme is “Promoting Spiritual Life and Service” and will take place from Tues 4th to Thurs 6th July. For those interested, please see Mok for the application form and costing details. 	
<i>Text:</i>	John 8:1-11	John 8:12-30		
<i>Organist:</i>	Amanda	Yanning		
Evening				
<i>Chairman:</i>	Jeff Pun	Alvin Chow		
<i>Speaker:</i>	Mok Chee Cheong	Mok Chee Cheong		
<i>Message:</i>	The Day of Judgement WLC Questions 89-90	Obedience to God WLC Questions 91-92		
<i>Pianist:</i>	Anthony			
Other Duties				
	Today	Next Week		
<i>Ushers</i>	Daniel/Mok	Alvin/Evelyn		
<i>Sunday Sch:</i>	Lynn	Joyce		
<i>Singspirat'n:</i>	Esmeralda/Ming Yann	Yoong Chiang/Anthony		
<i>Lunch:</i>	Maureen	Maureen		
<i>Washing-up:</i>	YAF Group 2	YAF Group 1		
<i>Bible Study:</i>	DHW – Genesis 22	DHW – Genesis 23		
Appointments of the Week				
Wed 10 May	7:30 pm	Mid Week Prayer Meeting: C'man: Mok		
Fri 12 May	7.00 pm	Young Adults Fellowship: Led by Ming Yann/Jeff		
Sat 13 May	4.00 pm	Prayer Meeting & Bible Study: Spkr/C'man: Jonathan		
Last Week's Worship Service Collections				
Offering:	£225.53	Lunch: £31.31 YAF: £12.89	Book Sales: £5.00 Easter Camp: £55.72	
<u>The Shorter Catechism</u>				
Q.98 What is prayer?				
<p style="text-align: center;">Ans: Prayer is an offering up of our desires unto God, for things agreeable to His will, in the name of CHRIST, with confession of our sins, and thankful acknowledgement of His mercies.</p> <p style="text-align: center;"><i>Comments: Prayer means asking of God; and we are here told the following three things respecting it: - 1. As to its form, it should be offered to God in the name of Christ; 2.. As to its substance, it should be for things agreeable to God's will; 3. As to its manner, it should be made with humble acknowledgement of our sins, and grateful acknowledgement of God's mercy.</i></p>				