



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

Visiting Pastor: Rev Lim Chee Boon 07909 612215

Administrator: Mok Chee Cheong 07921 929515

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

Vol. 10 No. 28

LORD'S DAY 9 JULY 2006

Dear Readers,

OVERCOMING ADDICTIONS

Addiction is no respecter of persons. Everyone is addicted to something. No one is free from it. However, a Christian is different (2 Corinthians 5:17). He does not need to be subject or ensnared by any form of bondage. He is liberated from all sorts of addiction. Jesus has set him free and therefore, he is freed from any yoke of slavery (Galatians 5:1). But unfortunately, many of God's people still slip into addiction. They get themselves so entrenched that they cannot get out of it. Instead of standing and holding fast on their liberty, they give themselves again to a yoke of slavery. They do not appreciate the freedom Christ had purchased for them – freedom from the bondage of sin.

Paul warns us not to receive the grace of God in vain. We are warned against taking God's merciful kindness to no purpose (2 Corinthians 6:1). Jesus did not die for nothing. He paid a priceless price. He died in order to rescue us from sin and misery; from the kingdom of darkness and to place us in the kingdom of light (Colossians 1:13). We are now children of light/day and not children of darkness/night (1 Thessalonians 5:5). Therefore, we must live for something. That is, we must live or die for Him (Romans 14:8).

What is Addiction?

What is addiction? The task of defining "addiction" has not been easy. Throughout history physicians, judges, clergy and even addicts themselves have different potential definitions. The American Heritage Dictionary defines "addiction" as a habitually or compulsive devotion to something (e.g. John is addicted to rock music) or a compulsive and physiological dependence on a habit-forming substance (e.g. John is addicted to cocaine). In short, an addict is one who gives himself to something and loses control of himself (e.g. drugs or spirits or gambling).

Types of Addiction

Does "addiction" mean only drug addiction? Addiction is not only applicable to a variety of drugs (e.g. ice, cocaine, or heroine). Addiction also includes all kinds of unwholesome activities such as compulsive smoking, gambling, eating, drinking, shopping, dancing, possessing fast cars, listening to rock music, watching TV, VCD, DVD and playing internet games or video games.

Is Addiction a Disease?

Addiction is dangerous. Someone asks, "Is addiction a disease?" Some say yes and some say no. To me, addiction is a disease because it ensnares souls, leads one to violence, causes family problems, breakups, communication problems, conflict, mental illness or...

Continued on Page 2...

disorder, and affects one's performance. All addictions bring disasters to self, family and society.

Who are its victims? Since addiction is no respecter of persons, both young and old are its victims. There was a young man in China who was full of life. One day he became ill and began to fall behind in the race of life. His friend encouraged him to try a little opium to relieve his sufferings. He told him that many have found relief from pain and depression through the magic of this drug. In no time, he yielded to his friend's advice. At first, after each dose, he felt better. His spirit rose and everything looked bright. But all too soon the exhilaration passed away, to be succeeded by deeper depression that nothing could shake off till he turned to the opium pipe again. The more he smoked the worse his sufferings became. Appetite failed him; sleep forsook him; all interest faded out of life; nothing seemed to matter but the satisfaction of his growing craving for the drug. Now it is not the man that eats the opium, but the opium that eats the man.

Thousands of young lives have been destroyed by drugs every year. Their friends said to them, "Try it. You need not smoke or inject or take it all the time. Just take a little. It is quite easy to give it up." It sounds good and reasonable. So they yielded to it and that is the beginning of their slavery to drugs.

Some time ago, a mother called me to talk to her 15 year old son. She told me that she has difficulty controlling him. He is rude and impolite. His behaviour is unbecoming. His thoughts are violent. He often plays truant in school. He has no desire to study. So I visited him. He was not very friendly. Why was he behaving like this? The answer is simple – BONDAGE. What bondage? Well, his mother told me that he spent many hours playing Internet Games. He was so engrossed in them that he skipped meals and neglected his studies. As a result, his behaviour was greatly affected. He could not think rationally. Only violence filled his mind.

Have you seen little kids beating the air as if they were punching or kicking something? Have you heard little kids (even adults) imitating their favourite TV characters? No one denies that the world's most popular pastime is TV. It's amazing how it can hold on to viewers. Percy Tannenbaum of the University of California at Berkeley wrote, "Among life's more embarrassing moments have been countless occasions when I am engaged in conversation in a room while a TV set is on, and I cannot for the life of me stop from periodically glancing over to the screen. This occurs not only during dull conversations but during reasonably interesting ones just as well."

I am not saying that watching TV per se is problematic. TV can teach and entertain. However, the difficulty arises when you strongly sense that you ought not to watch as much as you do and yet find yourself strangely unable to reduce your viewing. When you come to this stage, you are no longer able to refrain from the remote control. The TV has gained better control over you.

The amount of time people spend watching TV is astonishing. On average, people in the industrialized world devote at least three hours a day watching TV. At this rate, a person who lives to 75 would have spent nine years in front of the tube. This kind of devotion simply means people really make a conscious decision to watch it. Someone has well said, "A body at rest tends to stay at rest."

The question is, "Is there anything wrong?" It is not wrong to watch TV. But it is wrong when you start giving in to it and neglect your other responsibilities such as study, family, work and service. The addiction that mars a person's life is pure indulgence. James...

warns us that if we know what is right and do not do it, it is sin (James 4:17). Habitual sin is called addictive or compulsive behaviour. We must not underestimate the power of the media.

Now we come to Internet Games and the Net. How many hours a day do you play Internet Games or surf the Net or chat on-line? According to Global Internet usage statistics, the average American user spends over 11 hours per month and 32 minutes per session on the Internet, out of the total active universe of 166 million users. In Hong Kong, the average user spends 13 hours per month and 39 minutes per session, out of an active universe of 2 million users (Nielsen//Netratings 2002).

How addicted are you to the media? How important is it for you to watch the latest news, or to have fingertip access to all information? Are you using these devices, or do these devices use you?

Ways of Overcoming Addiction

Every sincere Christian wants to live a life that pleases the Lord (1 Corinthians 10:31). However, Satan's job is to keep him from pleasing him. Everyday he has to battle against Satan and his forces in the strength of the Lord (Ephesians 6:12). The more he desires to walk closer to the Lord the more he struggles against Satan. Everyday Satan hurls all kinds of temptation at him in the hope of ensnaring him. There are times when he drifts from the Lord. There are times when he gets trapped, loses full control of himself and the situation and sins against God (2 Samuel 11; 13). Satan knows well that if he can tempt a person to do something habitually; he will soon be addicted to it. Paul reminds us in 2 Corinthians not to be ignorant of Satan's schemes (2:11). Habitual sin is called addictive or compulsive behaviour. Such behavioural problems require moral correction, not medical care.

Coping with addictions and overcoming them are never easy. What addictions do you find most difficult to cope with and overcome? You can't cope with them and overcome them unless you have first identified them. Here are some ways you can overcome addictions.

1. Identify them. What kinds of addictions? How harmful are they? (Revelation 2:5)
2. Write them down. Categorize them. Particularize them (Psalm 51:4).
3. Ask God for help to overcome them. Addictions are a fierce battle to fight (2 Chronicles 20:12; Romans 7:24; Ephesians 6:10-18; James 4:7, 8a).
4. Confess them to God (Psalm 139:23, 24; 1 John 1:9).
5. Turn away from them (Proverbs 4:15). Make a conscientious effort to dissociate yourself from them. What must I do to deliver myself from certain addictions in future? Don't go to places where you can be tempted and don't mix with people who may lead you into bondage.

Conclusion

Addiction is no respecter of persons. No one is spared from it. Addiction is a deadly disease. Addiction affects self, family and society. We must make every effort to guard against it. We must warn those who indulge themselves in TV watching, Internet Games, or Online chatting lest their lives be affected and destroyed by the technology of the day. Be your brother's or sister's keeper (James 5:19, 20). Amen.

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: 09/07/2006 | Next Week: 16/07/2006 | <ul style="list-style-type: none"> • We extend a warm welcome to all worshippers this Lord's Day morning. |
| <i>Chairman:</i> | Alvin Chow | Jonathan Kim | |
| <i>Speaker:</i> | Rev Kenneth Harris | Rev Lim Chee Boon | |
| <i>Message:</i> | A New Heart | Christ was Anointed | |
| <i>Text:</i> | Ezekiel 12:19-20 | John 12:1-11 | |
| <i>Organist:</i> | Anthony | Yanning | |
| Evening | | | |
| <i>Chairman:</i> | Jeff Pun | John Poh | |
| <i>Speaker:</i> | Rev Kenneth Harris | Rev Lim Chee Boon | |
| <i>Message:</i> | The Wiles of the Devil | The Significant of the Blood | |
| <i>Text:</i> | Ephesians 6:11 | 1 Peter 1:13-25 | |
| <i>Pianist:</i> | Anthony | Ming Yann | |
| Other Duties | | | NEWS/ANNOUNCEMENTS |
| | Today | Next Week | <ul style="list-style-type: none"> • Pulpit Ministry: We thank God for providing faithful ministers and preachers to proclaim His Word to us. We warmly welcome Rev Kenneth Harris back to the pulpit this Lord's Day. • Continue to pray for those who are sick: Continue to pray for and remember those who are suffering physical ailments. Thank God for preserving Rev Lim after he suffered TIA attack. • Visa Application: Mok will be applying for a missionary/minister's visa while in Singapore. Please pray for a successful application. • Maasai Mission: Continue to pray for Sis Chan Pui Meng – for God's protection to be with her and for blessing in her clinic ministry to the Maasai people. • Prayer Meetings: Please purpose in your heart to come every Wednesday and Saturday for a time of corporate prayer and bible study. Prayer is the spiritual power house of the church. We need more prayer warriors like you. • Daily Devotions: All believers must develop the habit of daily devotions. Scripture memorisation and the RPG are but ways to help you be in touch with God. "As for me, I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness." Ps 17:15 |
| <i>Ushers</i> | Jeff/Jonathan | John/Daniel | |
| <i>Sunday Sch:</i> | Lynn | Yanning | |
| <i>Lunch:</i> | Esther Chia | Constance Morton | |
| <i>Washing-up:</i> | YAF Group 2 | YAF Group 1 | |
| <i>Bible Study:</i> | DHW – Genesis 25 | DHW – Genesis 25 | |
| Appointments of the Week | | | |
| Wed 12 July | 7:30 pm | Mid Week Prayer Meeting: C'man: Rev Lim | |
| Fri 14 July | 7.00 pm | Young Adults Fellowship: Led by Rev Lim | |
| Sat 15 July | 4.00 pm | Prayer Meeting & Bible Study: Spkr/C'man: Ming Yann | |
| Last Week's Worship Service Collections | | | |
| Offering: £630.16 | Lunch: £36.01 | Book Sales: £8.00 | |
| The Shorter Catechism | | | |
| Q107. What doth the conclusion of the Lord's Prayer teach us? | | | |
| <p>Ans: The conclusion of the Lord's Prayer – (which is, FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY, FOR EVER, AMEN) – teacheth us to take our encouragement in prayer from GOD ONLY, and in our prayers to praise Him, ascribing kingdom, power and glory to Him. – And, in testimony of our desire, and assurance to be heard, we say, AMEN.</p> <p>Comments: The conclusion means the end. And the concluding part of the Lord's Prayer teaches us three things – that we should look to God alone for help – that we should give all praise to Him who alone can answer our prayers – and that we should end all our prayers with some such word as Amen, which means, May it be so, or May our prayers be heard.</p> | | | |