



NEW LIFE BIBLE-PRESBYTERIAN CHURCH

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

Vol. 17 No. 31

LORD’S DAY 04 AUGUST 2013

ORDER OF WORSHIP

Morning Service – 11am

Evening Service – 4pm

Prelude

The Lord Is in His Holy Temple

Call to Worship

Psalm 138:1-4

Psalm 24:1-5

*Opening Hymn **

RHC 16 – “*Holy God, We Praise Thy Name*”

RHC 5 – “*Command Thy Blessing From Above*”

*Opening Prayer **

John Poh

John Poh

*Gloria Patri **

Glory Be to the Father

Responsive Reading

Psalm 29

*Second Hymn **

Psalm 29 verses 1-4
(to the tune of Belmont, RHC 22)

Announcements & Memory Verse

John Poh

John Poh

*Tithes & Offerings & Doxology **

RHC 74 – “*For the Beauty of the Earth*”

Scriptural Text

Galatians 6:2, 5

Psalm 119:13-16

Pastoral Prayer

Rev Colin Wong

Rev Colin Wong

Sermon Message

Bear With One Another’s Burdens

The Power of Cleansing by the Power of the Word - Part 2

*Closing Hymn **

RHC 261 – “*Blest Be the Tie That Binds*”

RHC 257 – “*Holy Bible, Book Divine*”

*Benediction/3-Fold Amen **

Rev Colin Wong

Rev Colin Wong

Postlude

The Lord Bless You

* Congregation Stands

THE LORD IS IN HIS HOLY TEMPLE

The Lord is in His holy temple,
The Lord is in His holy temple:
Let all the earth keep silence,
Let all the earth keep silence before Him -
Keep silence, keep silence before Him. Amen.

DOXOLOGY

Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heav’nly host;
Praise Father, Son, and Holy Ghost. Amen.

GLORIA PATRI

Glory be to the Father and to the Son and to the Holy Ghost,
As it was in the beginning, is now and ever shall be, world without end. Amen, Amen.

THE LORD BLESS YOU

The Lord bless you and keep you;
The Lord lift His countenance upon you,
and give you peace, and give you peace;
The Lord make His face to shine upon you,
And be gracious unto you, be gracious,
The Lord be gracious, gracious unto you. Amen.

Church Theme 2013 – “Understand and know God” – Jeremiah 9:24

My Dear Reader,

DO CHRISTIANS GET DEPRESSED

Depression is a very common experience among Christians and non-Christians. You and I at one time or another experience it. Of the Christian, some may ask, "How can that happen? I thought Jesus has given him a full and meaningful life (John 10:10). How can he be depressed? This sounds contradictory!"

Do Christians get depressed? The answer is a resounding yes. The Scriptures and the history of the church tell us that depression is a common phenomenon among God's people especially in those who are in leadership. David was a good example. In his depressive Psalms, he often lamented, *"Why art thou cast down, O my soul? and why art thou disquieted in me?"* (Psalm 42:5, 6; 43:5) Elijah, the great prophet of God who killed 450 false prophets of Baal on Mount Carmel, feared Jezebel and fled from her crying, *"O LORD, take away my life"* (1 Kings 19:4). Jonah, a run-away missionary, having preached to the people of Nineveh and seen them repent from their sins, said, *"O LORD, take, I beseech thee, my life from me; for it is better for me to die than to live"* (Jonah 4:3). Jesus, when He was in the Garden of Gethsemane praying for the will of God to be done in His life, exhibited His humanity by strong crying and tears to His Father, *"My soul is exceeding sorrowful, even unto death"* (Matthew 26:38; Hebrews 5:7).

There are many depressed and dejected preachers of the Word in the Church of Jesus Christ. Samuel Logan Brengle was one of them. He was a great saint of the Salvation Army. In a letter, he wrote, *"My nerves were ragged, frazzled, exhausted. And such gloom and depression fell upon me as I have never known, although depression is an old acquaintance of mine."* Depression is no respecter of persons.

Signs of Depression

Depression is a sickness. Some people get over it in a short time; others take a little longer. But for some people, it prolongs indefinitely and eventually it leads to suicidal tendencies. And that is tragic!

What are some signs of depression? Depression comes in many forms. Let me share with you seven symptoms of depression. First, a person who is depressed and dejected has a miserable countenance. He looks troubled, worried, melancholic, inactive, moody, unfriendly and unhappy. Second, depression either brings a loss of appetite or a problem of overeating. Some do not feel like eating. Others overeat and suffer severe health problems. Third, tears are a common symptom of depression. David knew it well. He said, *"My tears have been my meat day and night"* (Psalm 42:3). David's tears had become his meat day and night. Unable to stop crying, he fed on despair that led to further depression. Fourth, every bout of depression is an attempt to get us to distrust God. Our focus becomes blurred. We begin to question God's faithfulness, love, care and concern. We are unable to appreciate His magnanimities. Fifth, a depressed person is unable to make good decisions. He does not have the ability to reason well. Everything is murky to him. Sixth, sleeplessness is a common symptom of depression. Physically he is tired but mentally, he is highly alert. Seventh, a depressed person is a worried person. Consequently, he becomes incapacitated. He cannot function normally.

Is Depression a Sign of Spiritual Failure?

Depression is not necessarily a sign of spiritual failure. Some of the greatest depressions came as emotional letdowns following certain successes. What happened to the lion-hearted Elijah after that greatest moment in his life at Mount Carmel? Why should he be so depressed by Jezebel's threat? Where did he run to? We find him sitting alone under the juniper tree lamenting and asking God to take his life (1 Kings 19:4). Depression seems to be nature's emotional kickback or nature's recoil. C.S. Lewis calls it "*the law of undulation*" in the human personality.

Some depression is caused by physical problems. Improper diet, lack of exercise and lack of sleep can all contribute to depression. Illnesses can cause depression. Some medications also can cause depression. Therefore, we must not be too quick to counsel others who are suffering from depression. Before we can deal with it, we must have an understanding of it. Is it physical or spiritual or mental or social?

But unfortunately, some of our Christian friends, out of a kind heart, but who have little knowledge of it, try to counsel depressed brethren and unwittingly, offer unwise and unrealistic advice that add to their woes. Therefore, let us not hasten ourselves to it, but let us equip ourselves first before we reach out to brethren who are downhearted and depressed with good counsel from the Word of God.

However, depression can come from the guilt of sin or known disobedience or transgression. David was obviously in deep depression. He lamented in Psalm 38:3-8, "*There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin. For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me. My wounds stink and are corrupt because of my foolishness. I am troubled; I am bowed down greatly; I go mourning all the day long. For my loins are filled with a loathsome disease: and there is no soundness in my flesh. I am feeble and sore broken: I have roared by reason of the disquietness of my heart.*"

Sin may lead to depression, but all depression does not come from sin. May God grant us much wisdom from above to be a good counselor to those who are depressed!

How to overcome Depression?

Can depression be overcome? The answer is a resounding yes. Let me suggest seven remedies to depression.

1. Be thankful to God for the trial

Sometimes our prayer brings no relief. We seem to have lost the spirit of prayer. However, as we begin to thank God for our trial, it begins to turn into blessing. Though the light begins to glimmer but then it soon breaks through the gloom. The depression passes away. Life becomes beautiful and desirable again.

2. Avoid being Alone

When you are depressed you don't want to be around people. You want to withdraw. But withdrawing means isolation, and isolation during depression means alienation. You need to force yourself to be with people. Joining a Fellowship is a good idea (Hebrews 3:12, 13; 10:24, 25).

3. Seek help from godly Christians

Depression changes your whole perception. A little hill becomes a huge mountain. You need help. Godly Christians can help you see a bigger picture and give you godly advice.

4. Sing or make Music

Music is second to theology. Good Christian music is a good therapy. The beautiful music played by David was able to lift up King Saul's moods of depression (1 Samuel 16:14-23). Consequently, he was delivered from depression.

5. Rest confidently in the Presence of God

Here lies David's secret of deliverance from depression. He encouraged himself, "*Hope thou in God: for I shall yet praise him for the help of his countenance*" (Psalm 42:5; 43:5). Jeremiah said, "*The LORD is my portion, saith my soul; therefore will I hope in him. The LORD is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD*" (Lamentation 3:24-26). Seeking God's face means coming into His presence (Psalm 27:8; 1 Chronicles 16:10, 11; 1 Samuel 30:6).

6. Rely on the Word of God

God's Word is powerful. It is sharper than any double-edged sword and it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart (Hebrews 4:12). The Word is able to minister to us during times of depression. Jeremiah said, "*Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart*" (15:16; Job 23:12). Read it and be ministered by it.

7. Rest on God's Promises.

C.H. Spurgeon often suffered depression in his ministry. Here is an account from his "Faith's Check Book" entitled "Immortal Till Work Done."

"I shall not die, but live, and declare the works of the Lord" (Psalm 118:17). A fair assurance this! It was no doubt based upon a promise, inwardly whispered in the psalmist's heart, which he seized upon and enjoyed. Is my case like that of David? Am I depressed because the enemy affronts me? Are there multitudes against me and few on my side? Does unbelief bid me lie down and die in despair – a defeated, dishonored man? Do my enemies begin to dig my grave?

What then? Shall I yield to the whisper of fear, and give up the battle, and with it give up all hope? Far from it. There is life in me yet: *"I shall not die."* Vigor will return and remove my weakness: *"I shall live."* The Lord lives, and I shall live also. My mouth shall again be opened: *"I shall declare the works of Jehovah."* Yes, and I shall speak of the present trouble as another instance of the wonder-working faithfulness and love of the Lord my God. Those who would gladly measure me for my coffin had better wait a bit, for *"the Lord hath chastened me sore, but he hath not given me over unto death."* Glory be to His name forever! I am immortal till my work is done. Till the Lord wills it, no vault can close upon me.

This is how Spurgeon overcame depression by clinging on God's promises – *"I shall not die, but live, and declare the works of the Lord."* How about us?

Dearly beloved, are you depressed? Do not be dismayed. God is still on the throne. He will deliver you in His good time (1 Corinthians 10:13). Look at the seven remedies again and have confidence in His Word. Paul said, *"I can do all things through Christ which strengtheneth me"* (Philippians 4:13). Yes, in Christ, we are more than conquerors (Romans 8:37). Do you believe it?

Do not hesitate to call your pastor or any mature Christians for help. They are there for you and your welfare. Amen.

Sincerely in the Lord,

Pastor Colin

BEAR ONE ANOTHER'S BURDENS (Outline)

Galatians 6:2, 5

- I. Introduction
 - A. Burdensome people are everywhere.
 - B. Life itself is a burden.
 - C. How should Christians live this life? (Galatians 6:2; 5:13, 14; 1 Corinthians 12:25)
- II. Command to Obey
 - A. Whose responsibility to bear the burdens of others? (Galatians 5:25; Ephesians 5:18; Galatians 5:22, 23; 19-21; Matthew 27:33, 35, 69-75; John 8:4)
 - B. What is the meaning of the word “bear?” (Galatians 6:2)
- III. Jesus the Perfect Example
 - A. Jesus was our sin bearer (Isaiah 53:4; 1 Peter 2:24).
 - B. Jesus’ invitation (Matthew 11:28-30).
 - C. Christians are also burden bearers (Acts 10:38; 2:44, 45; 4:32-37; Galatians 2:10).
- IV. The Problem with Christians
 - A. Selfishness.
 - B. The meaning of Joy (Philippians 2:4).
 - C. Self-centered Christian displeases God (Proverbs 11:17; 19:17).
- V. Fulfill the Law of Christ
 - A. The Law of Christ is also known as the Royal Law (James 2:8; Galatians 5:14; Romans 13:8).
 - B. The Law of Christ teaches us to love one another (John 13:34, 35; 15:12; 1 John 4:7, 11).
 - C. John’s logic is simple (1 John 4:21).
- VI. Bear Your Own Burden
 - A. A different word for “burden” (Galatians 6:5).
 - B. The word used in the New Testament (Matthew 23:4; Luke 11:46; Acts 27:10; Matthew 11:30).
 - C. There is a duty which none can do for us.
- VII. How long should I be a Burden Bearer?
 - A. How long should I bear the burdens of others?
 - B. Satan is very smart and cunning (2 Corinthians 2:11).
- VIII. Look to God for Help (Psalm 55:22; 1 Peter 5:7).
- IX. Overcoming Burdens of Life: The Eagle Story.
- X. Conclusion

Life itself is a burden. Burdens are everywhere. Burdens are burdensome. And yet God commands us to bear one another’s burdens, and in doing so, fulfill the royal law of Christ. However, Paul also said that first we need to bear our own burdens. We need to take care of our own loads first before we reach out to others who are in need.

Dearly beloved, you who are spiritual should not only restore the morally weak but also bear the burdens of others, and thus fulfill the law of Christ.

May God open our eyes to see the burdens of others around us and make us a channel of blessing to them!
Amen.

Discussion Questions

1. What is the law of Christ? (Galatians 5:14) How can you fulfill it?
2. Is there a contradiction between verses 2 and 5? How do you resolve it?
3. In what ways can you make yourselves available to bear the burdens of others?
4. If you are dealing with a person caught in sin, what kind of words would help the person carry the burden? (Galatians 6:1, 2)
5. Discuss some difficulties you may have in approaching a brother or a sister experiencing a sin burden (e.g. lust, greed, anger, hate or gluttony).

WELCOME TO NEW LIFE B-P CHURCH LONDON

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.

APPOINTMENTS FOR THE WEEK			WELCOME
Wed 07 Aug	11:00am	Ladies Mid-Week Bible Study	We extend a warm welcome to all worshippers this Lord's Day. We like to welcome Andre and Mylene to our worship services last Lord's Day.
Fri 09 Aug	7:00pm	Young Adults Fellowship	
Sat 10 Aug	4:00pm	Bible Study & Prayer Meeting	
Next Lord's Day	Morning Service	Evening Service	LORD'S DAY DUTIES
Preacher	Rev Colin Wong	Rev Colin Wong	<u>TODAY: 04/08/2013</u> Chairman: John Organist: Anthony Pianist: Jasmine Ushers: Daniel / Yetta Sunday School: Hannah / Rachael Lunch: Maureen Washing Up: Volunteers PA Crew: Jonathan <u>NEXT WEEK: 11/08/2013</u> Chairman: Jonathan Organist: Anthony Pianist: Jasmine Ushers: Tom / Constance Sunday School: Hannah Lunch: Volunteers Washing Up: Volunteers PA Crew: Scott
Message	Stir Up One Another	Appreciation of the Word (Part 1)	
Text	Hebrews 10:24	Psalm 119:17-19	
NEWS/ANNOUNCEMENTS			
<ul style="list-style-type: none"> • Pre-Lunch Bible Study: Rev. Wong will lead a discussion on this mornings' sermon "<i>Bear With One Another's Burdens</i>". • Pray for those who are sick: Douglas, Barbara, Prema, Margaret, May Chew, Constance, Deborah, Pastor Ki, Mrs Ki, Susan, Dr Carl Martin, Dr Scott-Pearson, Nina, Helen, Eld Chew's mother, Rev Colin Wong. • Pray for those seeking employment: Yetta. • Pray for those on travel: Pastor & Mrs Ki, Sarah, Yangfan, Evelyn & Christiana. • Lord's Supper: We will be observing the Lord's Supper next week. Please come with hearts prepared. 			
Worship Service Collections - Last Sunday: £1163.00, Lunch: £51.45 Attendance - Morning: 28 (A) 6 (C), Evening: 21 (A) 4 (C)			

SHORTER CATECHISM QUESTION 82

Q: Is any man able perfectly to keep the commandments of God?

A: No mere man since the Fall is able, in this life, PERFECTLY to keep the commandments of God, but doth daily break them in thought, word, and deed.

Comments:

The Law of God being thus laid before us briefly in the Ten Commandments, the question arises – Is any person able to keep this Law. This answer declares to us that there is none. It says that every person breaks the Law daily in thought, word, and act. The only exceptions to this general rule are – Jesus Christ, Adam before the Fall, and the saints now in heaven.

Scriptural Reference:

Ecclesiastes 7:20, Psalm 14:3

MEMORY VERSE

Last Week	This Week	Next Week
<p><i>"The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore."</i></p> <p>Psalm 121:8</p>	<p><i>"Thine, O Lord is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all."</i></p> <p>1 Chronicles 29:11</p>	<p><i>"Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all."</i></p> <p>1 Chronicles 29:12</p>