



# 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. 19 No. 40

**LORD’S DAY 04 OCTOBER 2015**

### ORDER OF WORSHIP

#### *Morning Service – 11am*

#### *Evening Service – 4pm*

*Prelude*

*The Lord Is in His Holy Temple*

*Call to Worship*

Psalm 24:1-6

Psalm 72:17-19

*Opening Hymn \**

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

RHC 76 – “*Day is Dying in the West*”

*Opening Prayer \**

Jonathan Kim

Jonathan Kim

*Gloria Patri \**

*Glory Be to the Father*

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*Responsive Reading*

Psalm 131

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*Second Hymn \**

*Psalm 131*

(to the tune of Dundee, RHC 555)

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*Announcements & Memory Verse*

Jonathan Kim

Jonathan Kim

*Tithes & Offerings & Doxology \**

RHC 120 – “*Now I Belong to Jesus*”

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*Scriptural Text*

2 Kings 5:1-19

Luke 23:39-43

*Pastoral Prayer*

Dr Stephen Scott-Pearson

Dr Stephen Scott-Pearson

*Sermon Message*

*The Little Maid and Naaman*

*The Belief of the Dying Thief*

*Closing Hymn \**

RHC 300 – “*The Cleansing Wave*”

RHC 55 – “*Our Great Savior*”

*Benediction/3-Fold Amen \**

Dr Stephen Scott-Pearson

Dr Stephen Scott-Pearson

*Postlude*

*The Lord Bless You*

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\* 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 2015 – “Build a God-Honouring Family” – Joshua 24:15b**

# **SPIRITUAL EXERCISE:**

## **THE COMMAND AND BENEFITS**

Adapted from Maranatha Messenger - 13th September 2015

### **Introduction**

Paul writes to Timothy, "Exercise thyself rather unto godliness. Bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come" (1 Timothy 4:8). The Apostle advises Timothy to be diligent in his spiritual training for his spiritual growth. He tells that there is great value in being spiritually disciplined. He reminds Timothy that although physical exercises are profitable to take care of keep the physical body given by God, it is not comparable with the benefits of spiritual exercises.

### **Do Spiritual Exercise**

The Scripture here plainly commands us to do spiritual exercises. We are commanded to train our spiritual senses unto godliness. In other words, we need to keep on thinking and doing godly things. An Olympic gold medalist does not win a gold medal by coming to the field for the first time and participating in it. He works hard, trains hard, practices hard, for a long time. Likewise to be fit in holy living, we have to keep on working hard. We cannot one fine day become mature in godliness and holiness. There is a growth and progression in Christian life which is proper when accompanied by regular spiritual exercises. Hence the admonishment to 'keep on' 'neglect not' 'take heed' 'be diligent' 'continue in' 'meditate upon' 'fight' 'exercise' 'give thyself wholly' keeps occurring in the epistles.

If you are wondering what a spiritual exercise consist of, I would like to give some points here. Although we should not restrict spiritual exercises to a list of things to do, we should at least be aware of and use a few things. Study of God's Word, meditation through God's Word, reading of godly literature, communion with God through prayer, proper use of the sacraments, fellowship with other believers, edifying conversations, proper use of our tongues, genuine expression and involvement in charity are some of the means of grace which can be greatly employed to our benefit.

### **Benefits of Spiritual Exercises**

Spiritual exercise is "profitable unto all things." It is profitable not just for a few things, but for all things. John Gill comments that spiritual exercises are profitable, "to the health of the body, and the welfare of the soul; to the things of this life, and of that which is to come; to themselves and others, though not to God, or in a way of merit." Matthew Poole comments about this benefits that they come, "from the free grace of God, which hath annexed to it not only the promises of health, peace, and prosperity, and all good things while we live here upon the earth, but also the promises of salvation and eternal happiness when this life shall be determined."

Spiritual exercise is profitable for this present life, “the life that now is”. Without exercise we grow dull and useless. But exercise strengthens our spiritual senses. So many promises are annexed to those who fear God and live in a constantly increasing state of communion with God. They are promised the privilege of continuance of those blessing, peace, joy and comfort in times of trouble as well as in times of gladness. Spiritual exercises keep us fit to meet challenging days in our life because we are strong in the Lord. A spiritually fit person would not faint on the day of adversity, but would stand as a strong tower. This is because he is always in the presence of the Lord and derives his strength and courage from the Lord. He is equally good in facing days of gladness. He is not puffed up when he experiences God’s favor in abundance. But he ascribes all glory to God alone. Consider the godly men of past like Abraham, Moses, Joshua, David, Job, and many others. They were all men who were diligent in their spiritual disciplines (although with many weakness). Hence they faced days of adversity and days of gladness equally alike. Spiritual exercises are certainly profitable for all things in this life.

Spiritual exercise is profitable for this future life, “that which is to come.”

Spiritual exercise will always keep us fit for heaven and eternal life. We need not fear the appearing of the Lord and Saviour Jesus Christ. We can be joyful, confident, bold, and prepared to meet Him anytime He comes back. A spiritually fit person is also not terrified about death. He is ready to face it anytime it comes. He is in so constant communion with God that he knows that his Savior has won the victory over death. Not just facing death, but even for the life after death spiritual exercises are profitable. There is exceedingly precious and unimaginably glad rewards in store reserved in heaven for us. This, the Chief Shepherd has promised to bestow upon us. Why should we just sneak into heaven? Let us be fit for the eternal rewards reserved for us. Hence, for all these reasons, Paul could say with so much confidence, “I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing” (2 Timothy 4:7-8). Spiritual exercises are certainly profitable for all things in the life to come.

## **Conclusion**

Those who desire to be godly must be doing godly exercises. Neglecting to exercise is a sin. God has given many gifts to us. We are the ones at fault if we do not use these gifts.

Two questions for us to ponder:

- Do you realize the great benefits available to us from spiritual exercise?
- Do you do your spiritual exercise regularly unto godliness?

Paul towards the end of this epistle writes, “godliness with contentment is great gain” (1 Timothy 6:6). Is this not a great blessed state to attain in this life? May God give us the grace to be disciplined in our spiritual exercises!

*Elder Belin K*  
Covenant BP Church, Bangalore, India

# 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
Thurs 8th Oct	<b>No Mid-Week Bible Study</b>	We extend a warm welcome to all worshippers this Lord's Day. We do hope that you have a blessed time of worship on this day.
Sat 10th Oct	<b>Bible Study &amp; Prayer Meeting</b> Galatians - A Study of Freedom and Liberty	

Next Lord's Day	Morning Service	Evening Service	LORD'S DAY DUTIES
<b>Preacher</b>	Dr Stephen Scott-Pearson	Dr Stephen Scott-Pearson	<b><u>TODAY: 04/10/2015</u></b>  <b>Chairman:</b> Jonathan <b>Organist:</b> Keene <b>Pianist:</b> Matthew <b>Ushers:</b> Daniel / Evelyn <b>Sunday School:</b> Keene / Rachael / Hannah <b>Lunch:</b> Hannah <b>Washing Up:</b> Volunteers <b>PA Crew:</b> Joel / Keene
<b>Message</b>	Paul's Sermon in a Synagogue	The Potter's House	
<b>Text</b>	Acts 13:13-43	Jeremiah 18:1-4	

NEWS/ANNOUNCEMENTS	
<ul style="list-style-type: none"> <li>• <b>Pre-lunch:</b> There will be a short video presented by Dr Scott-Pearson.</li> <li>• <b>Pray for those who are sick:</b> Douglas, Barbara, Prema, Margaret, May Chew, Constance, Deborah, Pastor &amp; Mrs Ki, Dr Carl Martin, Dr Scott-Pearson, Nina, Helen, Eld Chew's mother, Hannah, Shirley, Daniel, Dr Tow, Matthew, Jonathan's father, Magdalene, Meredith, Ellie.</li> <li>• <b>Pray for those seeking employment:</b> Yetta, Nana.</li> <li>• <b>Pray for those on travels this week:</b> Yangfan, Josias, Dr Martin, Anthony.</li> <li>• <b>Pulpit Ministry:</b> Pray for Dr Martin as he serves as the interim minister. Thank God that his visa application has been approved.</li> <li>• <b>Thank God for the safe arrival of baby Bethany Poh.</b> Both Helen and Bethany are doing well.</li> </ul>	

<b>Worship Service Collections</b> – Last Sunday: £563, Lunch: £39 <b>Attendance</b> - Morning: 33 (A) 8 (C), Evening: 15 (A) 5 (C)	<b><u>NEXT WEEK: 11/10/2015</u></b>  <b>Chairman:</b> John <b>Organist:</b> Keene <b>Pianist:</b> Matthew <b>Ushers:</b> Tom / Yetta <b>Sunday School:</b> Keene / Rachael / Hannah <b>Lunch:</b> Maureen <b>Washing Up:</b> Volunteers <b>PA Crew:</b> Scott
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## SHORTER CATECHISM QUESTION 89

**Q: How is the Word made effectual to salvation?**

*A: The Spirit of God maketh the reading, but especially the preaching of the Word, an effectual means of convincing and converting sinners, and of building them up in holiness and comfort, through faith, unto salvation.*

Comments:

In order that the Bible may make us wise unto salvation, two things are necessary: the Holy Spirit's influence on God's part, and a diligent study of it on ours. When these two things go together, men are convinced of their sin and brought to Christ. They are made holier in their lives, and happier in their hearts.

Scriptural Reference:

Psalm 19:7, 2 Timothy 3:16

MEMORY VERSE		
<b>Last Week</b> <i>"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:"</i> <b>2 Timothy 3:16</b>	<b>This Week</b> <i>"Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand."</i> <b>Ephesians 6:13</b>	<b>Next Week</b> <i>"Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;"</i> <b>Ephesians 6:14</b>