



# 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. 21 No. 10

**LORD'S DAY 05 MARCH 2017**

### ORDER OF WORSHIP

#### *Morning Service – 11am*

#### *Evening Service – 4pm*

*Prelude*

*The Lord Is in His Holy Temple*

*Call to Worship*

Psalm 139:7-14

Psalm 119:153-160

*Opening Hymn \**

RHC 32 – *"Immortal, Invisible,  
God Only Wise"*

RHC 90 – *"Love Lifted Me"*

*Opening Prayer \**

John Poh

Keene Chen

*Gloria Patri \**

*Glory Be to the Father*

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*Responsive Reading*

Psalm 53

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*Second Hymn \**

*Psalm 53 verses 1-6*  
(to the tune of Kilmarnock, RHC 561)

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*Announcements &  
Memory Verse*

John Poh

Keene Chen

*Tithes & Offerings &  
Doxology \**

RHC 390 – *"Something for  
Thee"*

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*Scriptural Text*

Malachi 4:6

Jeremiah 18:11-17

*Pastoral Prayer*

Dr Carl Martin

Dr Carl Martin

*Sermon Message*

*The Choice is Yours*

*The Justice of God's Vengeance*

*Closing Hymn \**

RHC 265 – *"Just as I Am,  
Without One Plea"*

RHC 414 – *"Is Your All On The  
Altar?"*

*Benediction/3-Fold  
Amen \**

Dr Carl Martin

Dr Carl Martin

*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.

***"Keep thy heart with all diligence; for out of it are the issues of life." - Proverbs 4:23***

# TIPS FOR CONTROLLING ANGER

Adapted from New Life BP Church Singapore Weekly, Sunday 12th February 2017

Anger, in and of itself, is not sinful. We learn this from Paul's careful distinction between *being angry* and *sinning*: "Be ye angry and sin not" (Eph. 4:26). Anger is a normal, healthy emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. With insight about the real reasons for your anger and some anger management tips, you can learn to keep your temper from hijacking your life.

## **The Nature of Anger**

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Dr. Charles Spielberger, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline.

Anger can be caused by both external and internal events. You could be angry at a specific person (such as a co-worker or supervisor) or event (a traffic jam, a cancelled flight), or your anger could be caused by worrying or brooding about your personal problems.

Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviours which allow us to fight and to defend ourselves when we are attacked. But we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on how far our anger can take us.

## **Anger Management**

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions. James 1:19 says, "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak and slow to wrath."

So, while it's perfectly normal to feel angry when you've been mistreated or wronged, anger becomes a problem when you express it in a way that harms yourself or others. What can you do to control your anger?

### ***Tip 1: Explore what's really behind your anger***

In order to express your anger in appropriate ways, you need to be in touch with what you are really feeling. Is your anger masking other feelings such as embarrassment, insecurity, hurt, shame, or vulnerability?

### ***Tip 2: Be aware of your anger warning signs and triggers***

While you might feel that you just explode into anger without warning, in fact, there are physical warning signs in your body. Becoming aware of your own personal signs that your temper is starting to boil allows you to take steps to manage your anger before it gets out of control.

- Pay attention to the way anger feels in your body
- Identify the negative thought patterns that trigger your temper
- Avoid people, places, and situations that bring out your worst

Look at your regular routine and try to identify activities, times of day, people, places, or situations that trigger irritable or angry feelings. Then think about ways to avoid these triggers or view the situation differently so it doesn't make your blood boil.

### ***Tip 3: Learn ways to cool down***

There are many techniques that can help you cool down and keep your anger in check.

- Take some deep breaths.
- Exercise. It releases pent-up energy so you can approach the situation with a cooler head.
- Stretch or massage areas of tension. Roll your shoulders or gently massage your neck and scalp.
- Slowly count to ten. Focus on the counting to let your rational mind catch up with your feelings. If you still feel out of control by the time you reach ten, start counting again.

“He that is soon angry dealeth foolishly” (Proverbs 14:17).

### ***Tip 4: Give yourself a reality check***

Ask yourself:

- How important is it in the grand scheme of things?
- Is it really worth getting angry about it?
- Is it worth ruining the rest of my day?
- Is my response appropriate to the situation?
- Is there anything I can do about it?
- Is taking action worth my time?

“He that hath no rule over his own spirit is like a city that is broken down and without walls” (Proverbs 25:28).

### ***Tip 5: Find healthier ways to express your anger***

If you've decided that the situation is worth getting angry about and there's something you can do to make it better, the key is to express your feelings in a healthy way. When communicated respectfully and channelled effectively, anger can be a tremendous source of energy and inspiration for change.

- Pinpoint what you're really angry about
- Take five if things get too heated
- Make relationship your priority
- Focus on the present
- Be willing to forgive

"The discretion of a man deferreth his anger; and it is his glory to pass over a transgression" (Proverbs 19:11; cf. Eph. 4:32).

### ***Tip 6: Consider professional help for anger management if:***

- You feel constantly frustrated and angry no matter what you try.
- Your temper causes problems at work or in your relationships.
- You avoid new events and people because you feel like you can't control your temper.
- You have gotten in trouble with the law due to your anger.
- Your anger has led you to physical violence.

If your loved one has an anger problem, you probably feel like you're walking on eggshells all the time. But always remember that you are not to blame for your loved one's anger. There is never an excuse for physically or verbally abusive behaviour. You have a right to be treated with respect and to live without fear of an angry outburst or a violent rage. While you can't control another person's anger, you can control how you respond to it:

1. Set clear boundaries about what you will and will not tolerate.
2. Wait for a time when you are both calm to talk to your loved one about the anger problem. Don't bring it up when either of you is already angry.
3. Remove yourself from the situation if your loved one does not calm down.
4. Consider counselling if you are having a hard time standing up for yourself.

Put your safety first. If you feel unsafe or threatened in any way, get away from your loved one.

(Adapted from various sources)

- Rev. Gabriel Gan

# 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
Weds 8th Mar	7pm	Mid-Week Outreach Bible Study	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 11th Mar	4pm	Bible Study & Prayer Meeting	
Next Lord's Day	Morning Service	Evening Service	LORD'S DAY DUTIES
<b>Preacher</b>	Dr Carl Martin	Dr Carl Martin	<b><u>TODAY: 05/03/2017</u></b>
<b>Message</b>	Welcome to Corinth	Hidden Religious Agendas	<b>Chairman:</b> John / Keene
<b>Text</b>	1 Corinthians 1:1-3	Jeremiah 18:18-12	<b>Organist:</b> Anthony
NEWS/ANNOUNCEMENTS			<b>Pianist:</b> Michael
<ul style="list-style-type: none"> <li>• <b>Pre-lunch Bible Study:</b> This week, Dr Martin will continue with the study on "Building Firm Foundations".</li> <li>• <b>Pulpit Ministry:</b> Pray for Dr Martin as he serves as the minister and for the continuation of his PhD studies.</li> <li>• <b>Study of the Book of Psalms:</b> at 3pm, Dr Martin will lead a Bible Study on the book of Psalms, using the book "<i>The Flow of the Psalms</i>" by Palmer Robertson.</li> <li>• <b>Please note date change for the Church Annual Congregational Meeting – it will now be held on Sunday 19<sup>th</sup> March 2017 after morning service.</b> Please see Jonathan or John for more information. ACM packs will be distributed on the 12<sup>th</sup> March.</li> <li>• <b>Church Maintenance Fund:</b> The Church needs to undergo some significant repairs in the coming months; a Maintenance Fund has been set up for anyone wishing to offer a love gift to assist with the costs.</li> </ul>			<b>Ushers:</b> Jonathan / Evelyn
			<b>Sunday School:</b> Hannah / Rachael
			<b>Lunch:</b> Hannah
			<b>Washing Up:</b> Volunteers
			<b>PA Crew:</b> Joel
			<b><u>NEXT WEEK: 12/03/2017</u></b>
			<b>Chairman:</b> John
			<b>Organist:</b> Anthony
			<b>Pianist:</b> Keene
			<b>Ushers:</b> Jonathan / Joel
			<b>Sunday School:</b> Hannah / Rachael
			<b>Lunch:</b> Sharon
			<b>Washing Up:</b> Volunteers
			<b>PA Crew:</b> Scott / Anthony
<b>Worship Service Collections – Last Sunday: £658.40; Lunch: £58.00</b>			<b>Church Maintenance Fund Total: £2,860</b>
<b>Church Maintenance Fund: £620.00; Baalah Fund: £5200.00</b>			

## SHORTER CATECHISM QUESTION 56

**Q: What is the reason annexed to the Third Commandment?**

*A: The reason annexed to the Third Commandment is, That however the breakers of this commandment may escape punishment from men, yet **THE LORD OUR GOD** will not suffer them to escape his righteous judgment.*

Comments:

The special warning here held out to us is, that although men may permit us to break this commandment with impunity, yet God will assuredly not do so. *He* will not fail to judge us.

Scriptural Reference:

Deuteronomy 28:58-59

## MEMORY VERSE

### Last Week

*"But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen."*

**2 Peter 3:18**

### This Week

*"And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."*

**John 6:35**

### Next Week

*"Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."*

**Hebrews 12:2**