



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. 23 No. 24

LORD’S DAY 16 JUNE 2019

ORDER OF WORSHIP

Morning Service – 11am

Afternoon Service – 3pm

Prelude

The Lord Is in His Holy Temple

Call to Worship

Psalm 36:5-7

1 John 4:15-16

*Opening Hymn **

RHC 47 – “Great Is Thy Faithfulness”

RHC 3 – “Love Divine”

*Opening Prayer **

John Poh

John Poh

*Gloria Patri **

Glory Be to the Father

Responsive Reading

Psalm 12

*Second Hymn **

Psalm 12

(to the tune of Duncannon, RHC 182)

Announcements & Memory Verse

John Poh

John Poh

*Tithes & Offerings & Doxology **

RHC 262 – “I Love Thy Kingdom, Lord!”

Scriptural Text

Song of Solomon 4:12-16

Song of Solomon 5:9-16

Pastoral Prayer

Dr David Allen

Dr David Allen

Sermon Message

My Garden

My Beloved

*Closing Hymn **

Insert – “We Are A Garden Walled Around”

RHC 384 – “My Jesus, I Love Thee”

*Benediction/3-Fold Amen **

Dr David Allen

Dr David Allen

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.

COPING WITH THE STRESSES **OF FATHERHOOD**

Adapted from Life BPC Singapore Weekly, Sunday 18th June 2017

On this Father's Day, we want to encourage all fathers in our midst to keep fulfilling their important role of fatherhood despite the stresses they face. According to an article in Time magazine, Asian fathers are shouldering more responsibilities than ever before. "Every day, pleading overwork, millions of men cancel millions of promises made to millions of children. Dads cannot read bedtime stories or go to the park. Dads are in their offices, or on the road, or on conference calls.... Spurred by the fear that their incomes will dry up or their jobs will be cut, many men work longer hours in a bid to prove their indispensability."

Stress is not necessarily bad. It is quite normal and can actually help a person to concentrate, focus, and perform. It often helps us to reach our peak efficiency. In fact many people achieve their best work when they are under stress. The biblical expression, "Gird up thy loins" (e.g. Jeremiah 1:17) was used to exhort or command people to get themselves physically and mentally prepared to undertake a stressful task or face a stressful challenge.

What helps us to deal with this positive stress is that most of the time, there is a period of rest and relaxation after the task is accomplished or the challenge has been met. This gives our minds and bodies time to be refreshed and recharged before the next task or challenge comes. The problem arises when you don't relax, or you can't relax when a challenge comes along. If you have no time to rest, the unending stress that this puts on your mind and body will take its toll.

One of the main causes of constant stress is our technologically advanced environment. Although it is supposed to save us much time and labour and free us to pursue more important things in life, we seem to be working even harder and having much less time than we had before. Why is this so? It is because expectations have increased. The increased speed and efficiency that technology brings fosters a desire to take on additional responsibilities and activities.

The reasoning goes like this: Things that could not be done before can now be done. And since they can be done, they must be done! This gives rise to longer work hours, overtime work, work on weekends, at home and during vacation. Video-conferencing makes it difficult to escape from meetings and work obligations through the night!

Perhaps it is time for us to evaluate the choices we make instead of just following the trends and pressures of the world. In a book entitled, *The Husband Book*, Dean Merrill wrote: "Our jobs are somewhat like the proverbial camel asking to warm its nose inside the Arab's tent. There's nothing wrong with being nice to camels, but they don't make good house guests. A job that is allowed to take over the entire life of a family is a job out of control. And it eventually wrecks the tent, everybody's out in the cold, including the camel. What has been gained? Many of us have known super-achievers on the job whose personal lives were in such shambles that eventually even their careers were destroyed."

We who are fathers may do well to heed the advice given to Moses by his wise father-in-law, Jethro: "The thing that thou doest is not good. Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone." (Exodus 18:17,18) Let us be realistic about how much we can bear. Perhaps we should cut down our workload to a more manageable level. Each of us has personal limitations. It would be foolish to deny this. In fact a refusal to be realistic about our own capacity may make us strive unknowingly after omnipotence and omniscience which are God's alone!

Another major cause of stress is the inability to handle failure and frustration well. We Singaporeans have grown up in an achievement-oriented environment. We are told that we can achieve anything if only we work hard enough. We are pressured to meet shorter deadlines and comply with ever increasing standards of productivity and efficiency (Don't we foster the same stress in our children when we expect nothing less than 80% for each test or exam?).

If we are able to meet these expectations, then well and good. But not everyone is able to do that. And not everyone who is able to do that can keep on meeting those expectations forever. As age catches up with us, and as more people perform better than us, there comes the inevitable sense of failure and frustration. The tremendous stress this creates can drive a person to total despair and even suicide.

Such thoughts were echoed to God by Moses when he was burdened with the needs of two million people in the wilderness: "Whence should I have flesh to give unto all this people? for they weep unto me, saying, Give us flesh, that we may eat. I am not able to bear all this people alone, because it is too heavy for me. And if thou deal thus with me, kill me, I pray thee, out of hand, if I have found favour in thy sight; and let me not see my wretchedness." (Numbers 11:13-15)

How should we deal with failure and frustration? By learning to accept the things we cannot change, and acting upon those things that we can change. Look at your failures as opportunities for learning. The Bible records the failures of men whom the grace of God enabled to rise out of their failures. Your failures and frustrations serve a very useful function. They teach you where your limitations are – limitations that you must now accept. They can also teach you to depend more on God and less on self (cf. Philippians 4:13).

Fathers, if you feel frustrated at your inability to provide as much as you want for your wife and children, take this as your cue to trust in your heavenly Father's sufficient provision for them (Matthew 6:30-32). If you ever feel burdened with a sense of failure because you have been retrenched from your job through no fault of your own, take this as a new adventure of faith to see how God will work in answer to your family's prayer. How blessed and privileged you are! The precious lessons of faith you will learn will also enable you to empathise with and minister to those in similar straits later on.

And if your heart is heavy because of a child who has become rebellious and gone wayward despite all the faithful efforts, love, parental discipline and prayer that you and your spouse have put in to bring him up in the nurture and admonition of the Lord, don't sink in despair. It does not mean you have failed as a father, for even Adam and Eve rebelled against God despite the best provisions He had made for them in the garden of Eden. A father must provide the best for his child, but if the child fails, he is ultimately responsible for it, not his father.

And yet there is still hope available to the wayward child: There is forgiveness, cleansing, and strength to change. These are always available to the child that goes astray. The best you can do then as a father is to pray and wait patiently for his return, and be ready to receive and restore him. The day may come when, like the father of the Prodigal Son (Luke 15:20), you will have the inexpressible joy of seeing him returning home in repentance!

The stresses that we Christian fathers face in this present age are indeed beyond our capacity to cope with. But with God's help and guidance we can and must press onward to be the fathers He wants us to be – fathers through whom God's blessings are poured forth upon their children!

- *Rev Charles Seet*

WELCOME TO NEW LIFE B-P CHURCH LONDON

Our **worship services** begin promptly at **11.00 am and 3.00 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
Sat 22 nd June	No Bible Study & Prayer Meeting		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.
<i>Next Lord's Day</i>	<i>Morning Service</i>	<i>Afternoon Service</i>	LORD'S DAY DUTIES
<i>Preacher</i>	Mr Marco Reale	Mr Marco Reale	<u>TODAY: 16/06/2019</u>
<i>Message</i>	TBC	TBC	<i>Chairman:</i> John
<i>Text</i>	TBC	TBC	<i>Organist:</i> Anthony
NEWS/ANNOUNCEMENTS			<i>Pianist:</i> Venise
<ul style="list-style-type: none"> • Sunday School: Sunday School for young children and toddlers will be held at 1:45pm. Please invite friends and family to attend. • Church Pulpit Ministry: Pray for the Pulpit Ministry and for the calling of Mr Mok Chee Cheong to become our resident minister. • Pray for the forthcoming preachers: June – Mr Marco Reale, Mr Charles Scott-Pearson. • Metropolitan Tabernacle School of Theology 2019: 2nd-4th July 2019. The theme this year is "<i>The True Dynamism of the Local Church</i>". Please see Jonathan or John for more information. • The Task Force would like to wish all Fathers a "Blessed Father's Day". 			<i>Ushers:</i> Daniel / Yetta
			<i>Lunch:</i> Maureen
			<i>Washing Up:</i> Volunteers
			<i>PA Crew:</i> Venise / Jason
			<u>NEXT WEEK: 23/06/2019</u>
<p>Worship Service Collections - Last Sunday: £592.17, Love Gift: £140.00, Maintenance Fund: £100.00 Lunch: £40.00</p> <p>Attendance - Morning: 29 (A) 8 (C), Afternoon: 11 (A) 7 (C)</p>			<p>Church Maintenance Fund</p> <p>Total: £5,010.50</p>
SHORTER CATECHISM QUESTION 69			
Q: What is forbidden in the Sixth Commandment?			
<i>A: The Sixth Commandment forbiddeth the <u>taking away</u> of our own life, or the life of our neighbour unjustly, or whatsoever <u>tendeth</u> thereunto.</i>			
<u>Comments:</u>			
This commandment respects <i>life</i> . It acknowledges that God is its Giver, and that therefore no one has a right to take it away without just reason. It commands us to take all proper care of our health, as well as of the health of others. And it forbids us to take away our own life – which is <i>suicide</i> ; or the life of another – which is <i>murder</i> .			
<u>Scriptural Reference:</u>			
Ephesians 5:29, Matthew 10:23, Mark 6:31, Psalm 82:3-4, Job 29:13, 1 Kings 18:4			
MEMORY VERSE			
<p>Last Week</p> <p><i>"I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty."</i></p> <p>Revelation 1:8</p>	<p>This Week</p> <p><i>"No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us."</i></p> <p>1 John 4:12</p>	<p>Next Week</p> <p><i>"Thou shalt also consider in thine heart, that, as a man chasteneth his son, so the Lord thy God chasteneth thee."</i></p> <p>Deuteronomy 8:5</p>	