



# 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. 28 No. 37

**LORD'S DAY 15 SEPTEMBER 2024**

### ORDER OF WORSHIP

#### ***Morning Service – 11am***

***Prelude***

***The Lord Is in His Holy Temple***

***Call to Worship***

Psalm 150

***Opening Hymn \****

RHC 24 - *"Praise to the Lord, the Almighty"*

***Opening Prayer***

Joey Seow

***Responsive Reading***

Psalm 119:153-160

***Second Hymn \****

*Psalm 119 verses 153-160*

*(to the tune of Vox Dilecti, RHC 298)*

***Scriptural Text***

John 5:16-30

***Pastoral Prayer***

Eld George Chew

***Sermon Message***

***Who is Jesus?***

***Closing Hymn \****

RHC 165 - *"Thou Didst Leave Thy Throne"*

***Benediction/3-Fold Amen \****

Eld George Chew

***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.

#### **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.

### **SHORTER CATECHISM QUESTION 22**

**Q: How did Christ, being the Son of God, become man**

**A:** *Christ, the Son of God, became man, by taking to himself a true body, and a reasonable soul, being conceived by the power of the Holy Ghost, in the womb of the Virgin Mary, and born of her, yet without sin.*

Comments:

The last answer told us the fact that the Son of God became man; this answer tells us how he did so. He did so by assuming a human body and soul. And this was assumed in a miraculous manner, through the power of the Holy Spirit. The purpose for which Christ became man was that he might stand in our place and work out our redemption.

Scriptural Reference:

Luke 1:35, Galatians 4:4. Hebrew 7:26

# **BIBLICAL PRINCIPLES FOR GOOD TIME MANAGEMENT (PART 2)**

## **10 Timely Tips for More Effective Personal Time Management**

### **1. Spend Time Praying, Planning And Reading**

Using time to pray, think and plan is time well-spent. In fact, if you fail to take time for planning, you are, in effect, planning to fail. Organise in a way that you are comfortable with. Some people need to have papers filled away: others get their creative energy from their messy piles. So pray and organise your way. The author has a planner with him and a little notebook as well.

### **2. Have God-Honouring Goals**

Edifying goals give us purpose and direction in life. Knowing God's will and following it is necessary. Set goals which are specific, measurable, realistic and achievable. God-centred goals can give Christian a much-needed sense of direction. For example, do you set aside precious time daily to be with God first in the morning (Mk 1:35; Ps 5:3)? We are creatures of habit, let us develop a good habit and routine for the Lord. (i.e. waking up early and reading the Word).

The art of prioritising is to isolate and identify that which is valuable and needful over the trivial and unimportant. Heavenly things are more important than the earthly things (Col 3:1 and Matt 6:33), Let us remember God first, then others and self, for we can trust God for the rest as He is faithful that promised.

### **3. Use a To Do List**

Some people thrive well by using a daily To-Do List which is constructed either the night before or first thing in the morning. Such people may combine a To-Do List with a calendar or schedule. Others prefer a "running" To Do list which is continuously being updated. Or, one may prefer a combination of the two previously described To Do lists. Whatever method works is best for you. Use it regularly as a habit with godly temperance.

### **4. Be Flexible**

Allow time for interruptions and distractions (i.e. baby crying, phone call, someone getting ill). If you are interrupted, re-schedule routine tasks and move on. Save (or make) larger blocks of time for your priorities. Ask the crucial question, "What is the most important thing I can be doing with my time right now?" Beware of the tyranny of the urgent that may not be important.

### **5. Consider Your Personal Prime Time**

There is the time of day when you are at your best. Are you a "morning person", a "night owl," or a late afternoon "whiz?" Knowing when your best time is and planning to use that time of day for your priorities, if possible, as in spending time with God in reading His word and prayer, is effective time management. Honour God first with your very best time and He will reward you accordingly for the rest of the day.

Have a clear mind to do those things that are right and proper first, and do them well to honour the Lord, in the light of eternity, in your vocation, and family life. Do not compromise your moral or ethical principles.

### **6. Manage the Urgent**

Urgent tasks have short-term consequences while important tasks are those with long-term, goal-related implications. Work towards reducing the urgent things you must do so you'll have time for your important priorities. Flagging or highlighting items on your To Do List or attaching a deadline to each item may help keep important items from becoming urgent emergencies (i.e. calling a member in need to pray). A well-ordered day is half the battle won.

### **7. Practise the Art of Neglecting the Trivial**

Eliminate from your life trivial tasks or those tasks which do not have long-term consequences for you. Can you delegate or eliminate any of your To Do list? Work on those tasks which you alone can do. Remember the advice Jethro, Moses' father-in-law, gave to Moses in Exodus 18. It is important to delegate

and let others with their gifts and talents have a part in your life and ministry as well. Know for a fact that you cannot do everything yourself. No one is indispensable except God.

#### 8. Fight Procrastination

When one is afraid of a big task, one tends to avoid it or postpone it. Avoiding something is not as effective as breaking it into smaller tasks and doing just one of the smaller tasks or setting a timer and working on the big task for just 15 minutes. By doing a little at a time, eventually you will reach a point where you will want to finish it. Every small step is needful to achieving the goal in the end. DIN (Do it now!).

#### 9. Learn To Say "NO"

Such a small word and yet it is so hard to say. Distractions are of the Satan's ways of keeping us from God's goals for us. Focus on your right goals and priorities and be clear in your mind. Blocking time for important, but often not scheduled priorities, such as family and friends can also help. But first you must be convinced that you and your priorities are important - that seems to be the hardest part in learning to say "no". Once convinced of their importance, saying "no" to the unimportant in life gets easier, like a friend's invitation to games, lunch or other less important events.

#### 10. Remember God

Even for small tasks, remember to pray and praise and give thanks to God (Ps 136:1-3). John 16:24 says, "Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full." Share with others God's grace and strength in completing each task, or when finishing the total job. Then keep at it and maintain the necessary balance in life between work and play. "If we learn to balance God-honouring worship, work and play, life would be more enriching, abundant, edifying and meaningful."

### **Applying Good Time Management Principles**

Personal Time Management is about the careful employment of one of your most valuable (and undervalued) resources that God is giving you. Consider these two questions: what would happen if you spent company money with as few safeguards as you spent personal time. Would you be in deficit by now? When was the last time you scheduled a time for personal worship and prayer?

The absence of good Time Management is characterised by ill discipline and hence, is often a symptom of over confidence, laziness or indifference which has not the fruit of the Spirit. Possibly, the reason why Time Management is poorly practised is that it so seldom forms a measured part of sanctified living. We need a spiritual paradigm shift today.

Good Time Management has many facets. There is the concept of keeping a well ordered diary and the related idea of planned activity. But beyond these, it is a tool for the systematic ordering of your life and important occasions and events.

Good Time Management includes the following:-

- Eliminate wastage of time with responsible and careful planning and maximize opportunities to serve God and complete our work
- Be mentally prepared for important meetings/sessions/services/camps, plan and pray for each week's events and work with a God given discipline and purpose

Since time management is a discipline, it must be developed over time and prayerfully reviewed before the Lord.

*To be continued...*

By Rev Jack Sin  
Sovereign Hope BPC Church, Singapore

# WELCOME TO NEW LIFE B-P CHURCH LONDON

Our Lord's Day activities begin with the **Worship Service** at **11.00 am** followed by a **Bible Study** at **1:30pm**. Do invite your friends to come to Church.

## NEWS/ANNOUNCEMENTS

Dear Worshippers, we extend a warm welcome to you this Lord's Day. We hope that you have a blessed time of worship with us today.

For those unable to attend Church in person, please join our Worship Service and Bible Study on our live-stream via YouTube - <https://www.youtube.com/@NewLifeBPCLondon>

**We thank God for providing Eld George Chew to minister to us this Lord's Day.**

**Tithes & Offerings** – There is an offering box at the entrance to the Church Sanctuary for you to place your offerings in.

**Children's Sunday School** – held after the After-Service Fellowship at 1:30pm.

**After-Service Fellowship** – Join us for lunch fellowship after the morning worship service. Please bring your own lunch as only drinks will be provided.

**Afternoon Bible Study** – Eld Chew will conduct the study entitled "Questions Jesus asked, who do you say I am?"

## MEMORY VERSE

### Last Week

*"So Christ was once offered to bear the sins of many; and unto them that look for him shall he appear the second time without sin unto salvation."*

**Hebrews 9:28**

### This Week

*"Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life."*

**John 5:24**

## Pre-cautions for Worship Services held at the church premises:

Dear all,

When attending the church Worship Service and Bible Study, we will continue to observe the following precautions:

- We continue to urge those who feel unwell (especially with Covid symptoms) to stay home and join us online.
- Please place your offerings in the offering box when entering or exiting the church.
- During worship services, please continue to sit with your own households.

To join our online services or for more information, please visit the church website ([www.newlifebpc.org.uk](http://www.newlifebpc.org.uk)) or call the church manse (020 73280869).

With the Lord's blessing,

John Poh & Jonathan Kim,  
Task Force Members